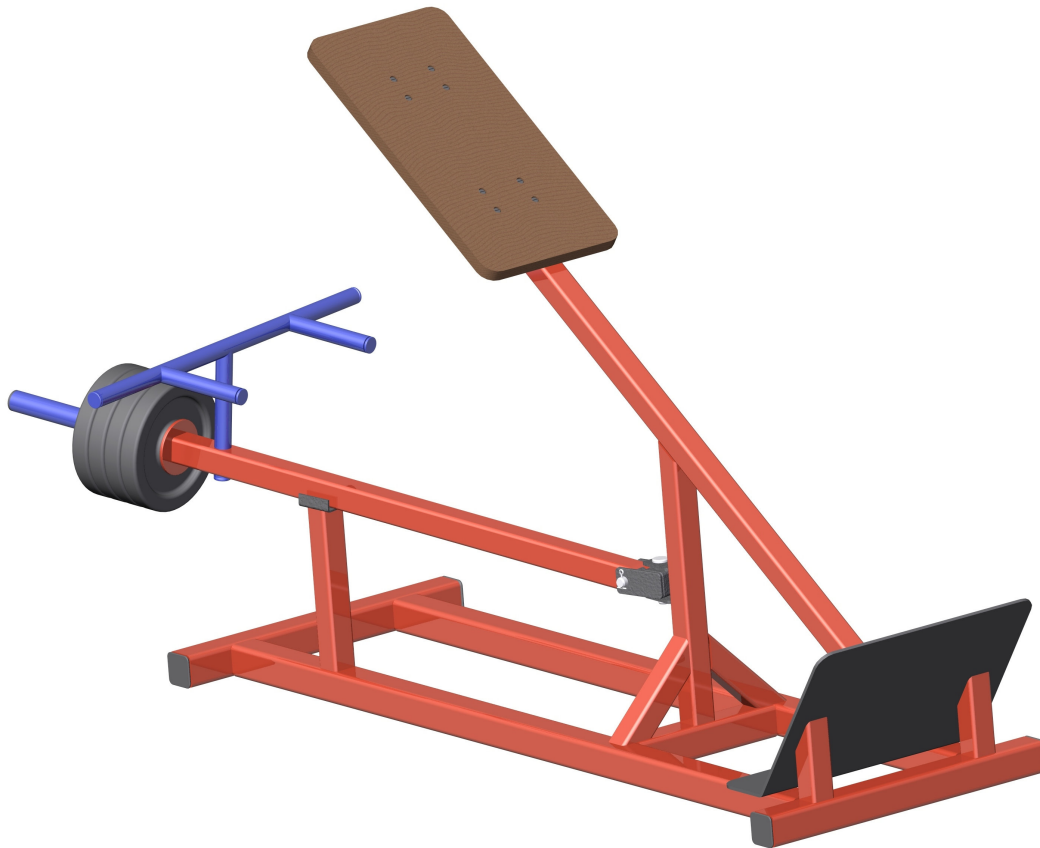


Incline Lever Row



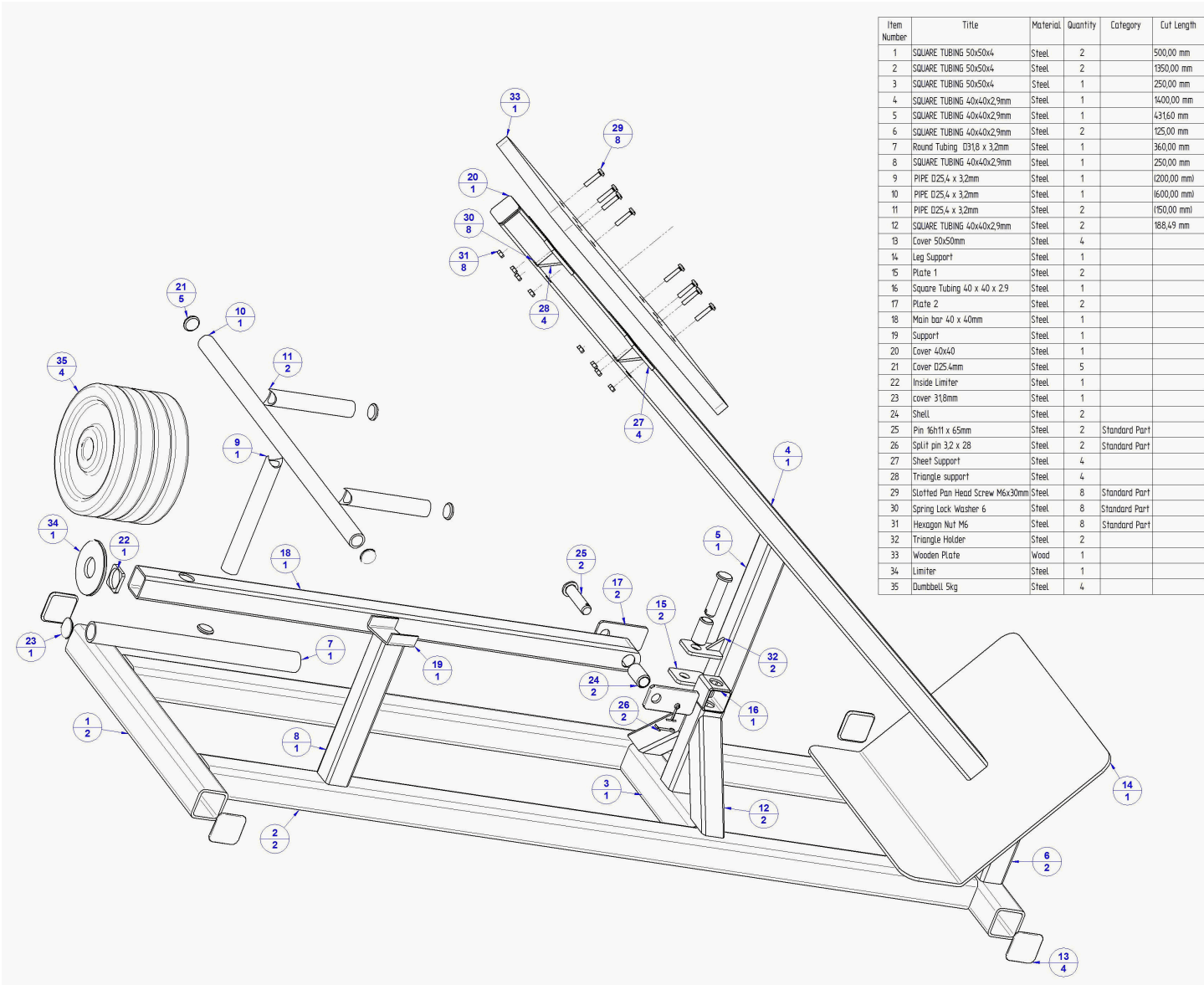
NOTE: The measurements within this text and 2D documentation are given both in millimeters and inches (in brackets). This website is based on ISO measurement unit system, which is the international standard. I apologize to the people who use other measurement units; but I believe that measurements given in millimeters and inches should be adequate for everyone who would like to build this project.

Besides that, on today's Internet it is easy to purchase the ruler containing all the measurement units and overcome the difficulties of any kind.

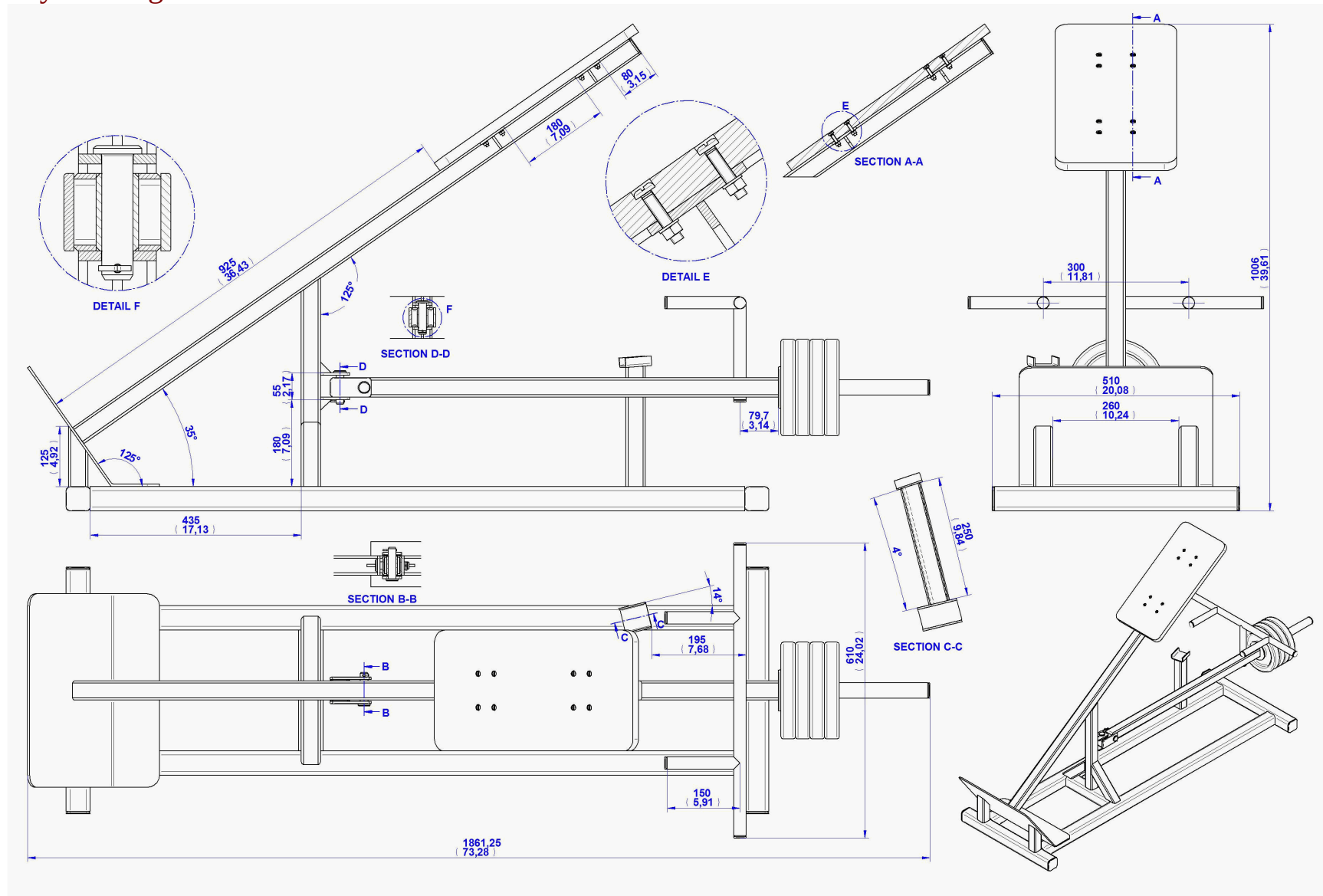
Use various tools and clamps in process of welding, so you could weld the items together with accuracy.

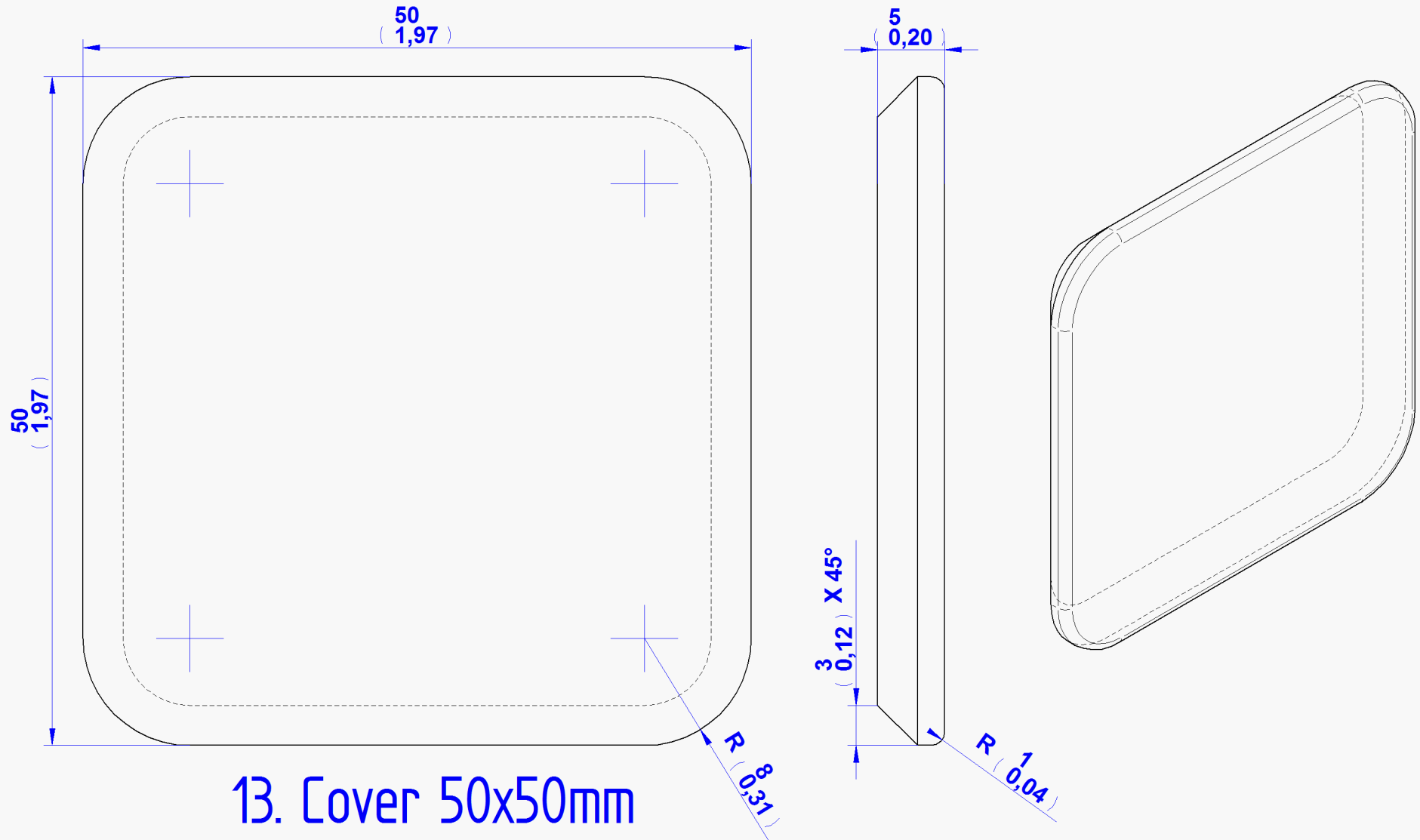
Make the components as given on drawings.

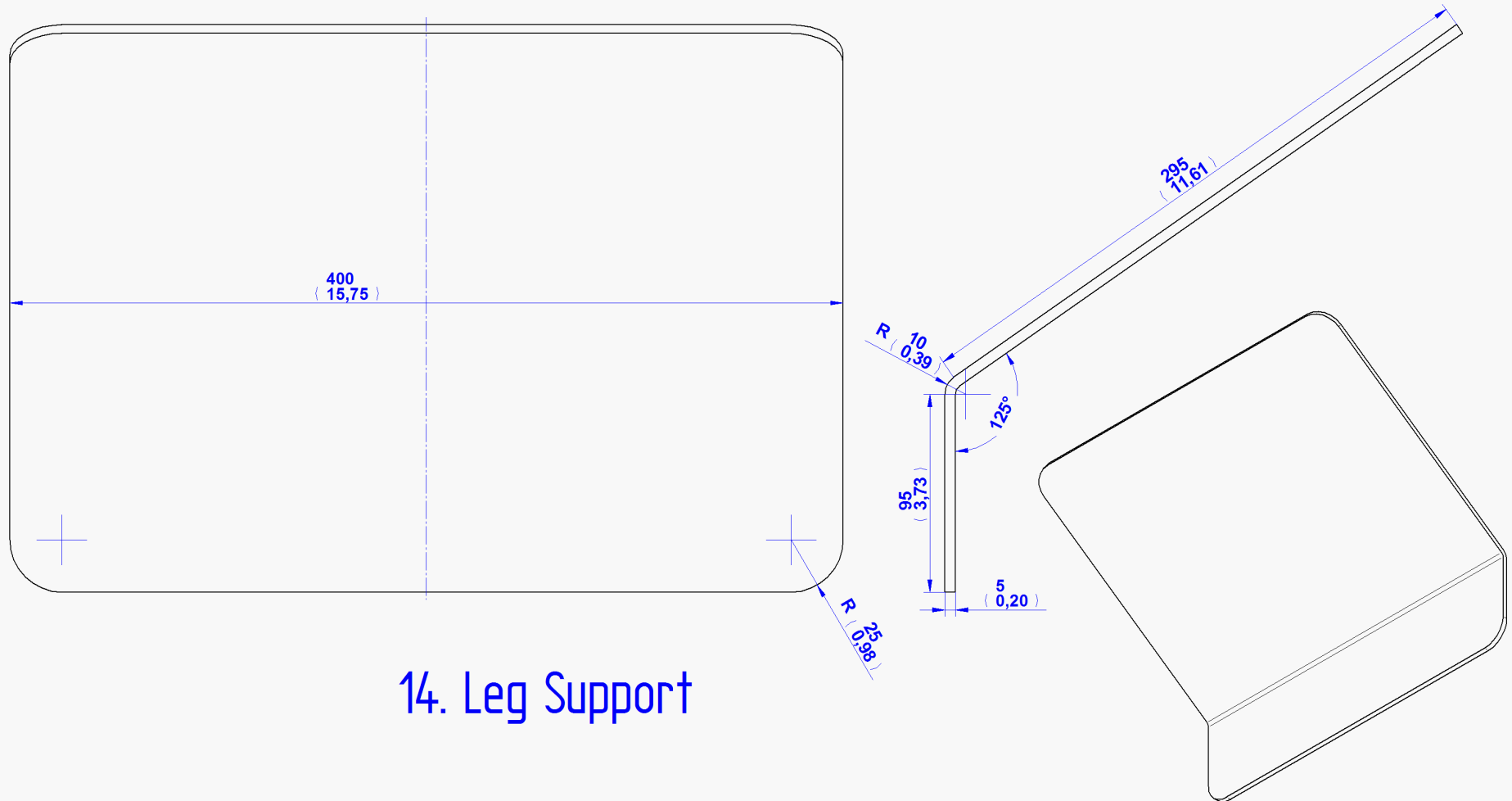
Parts List



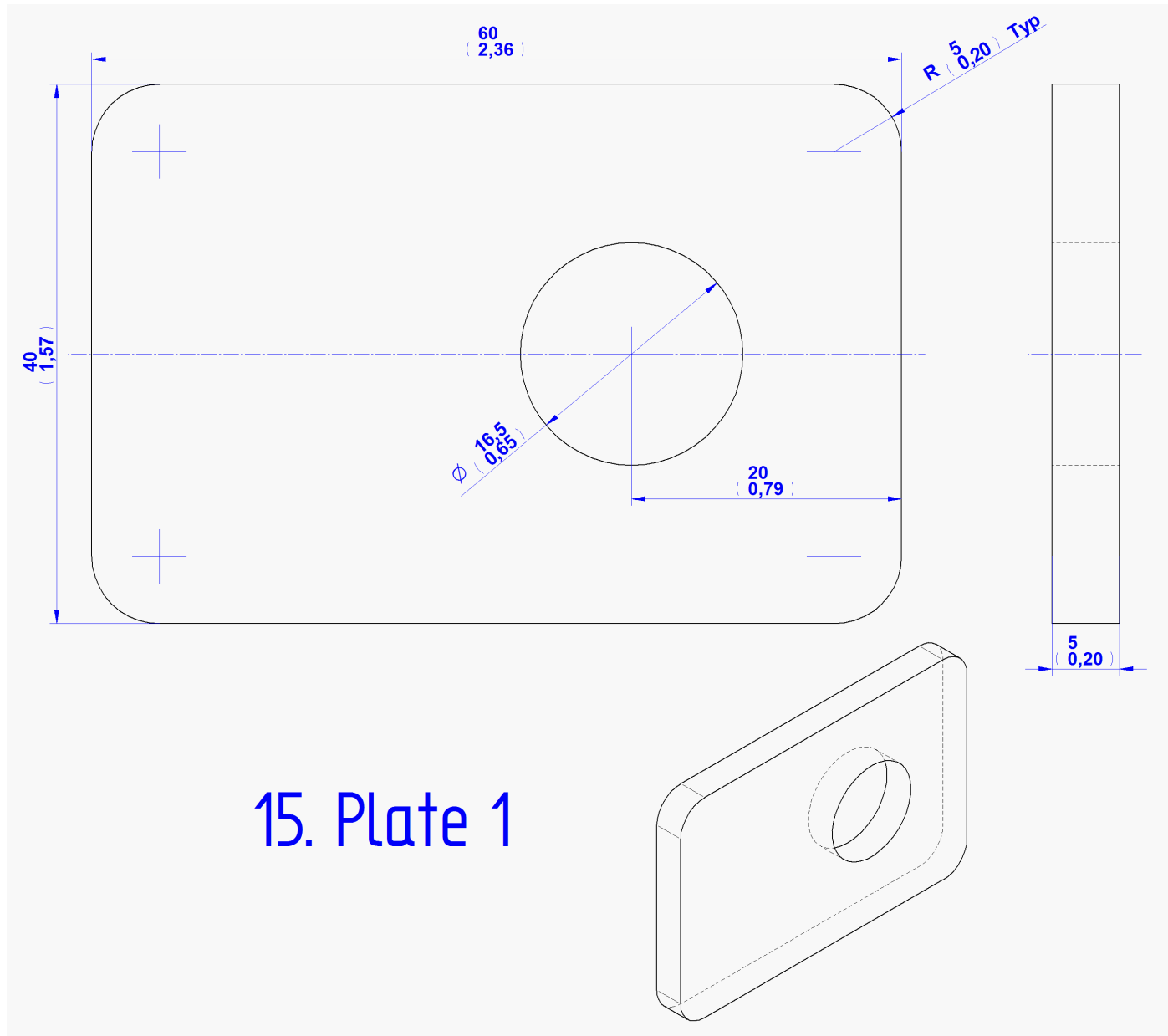
Assembly drawing

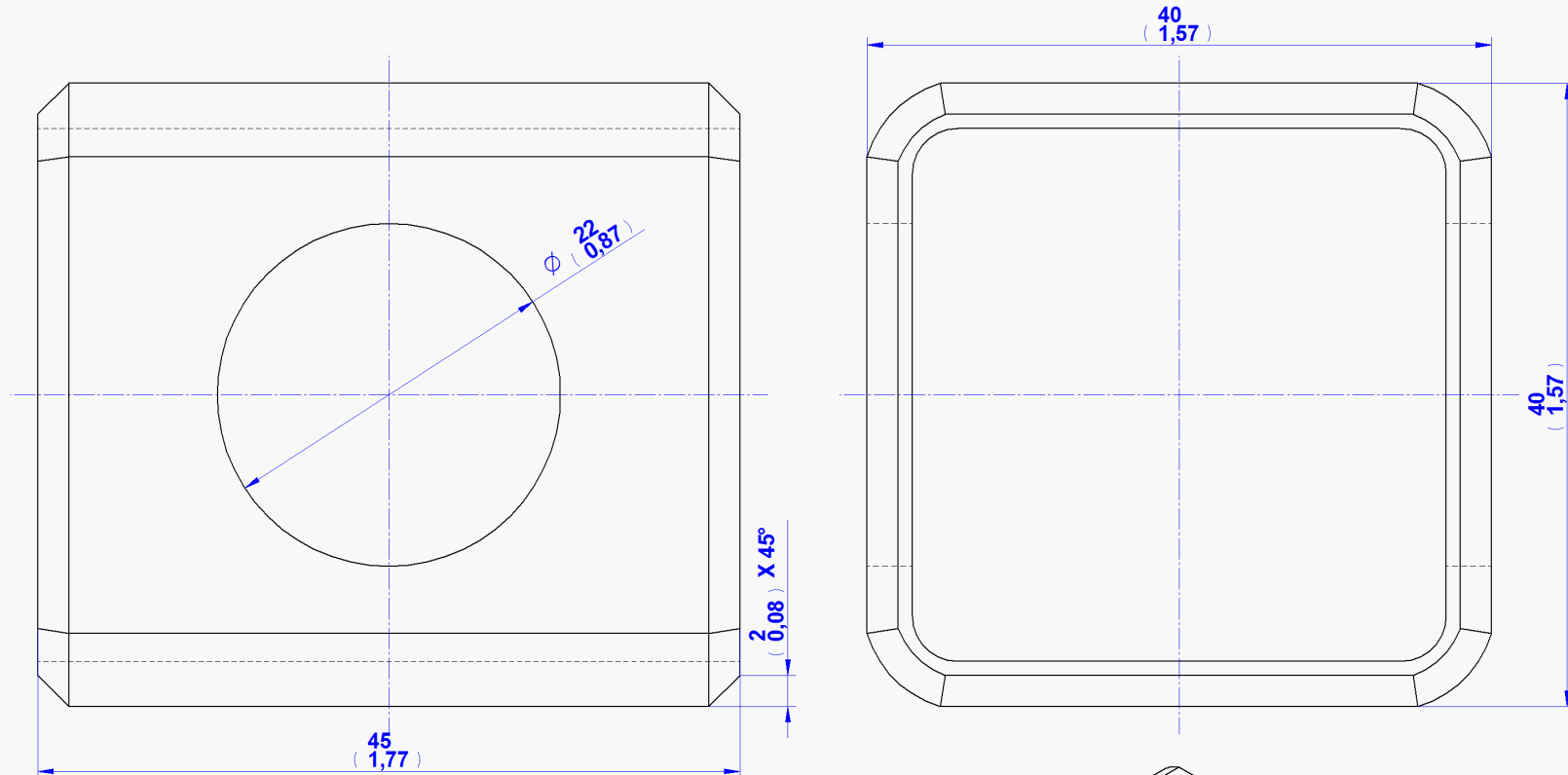




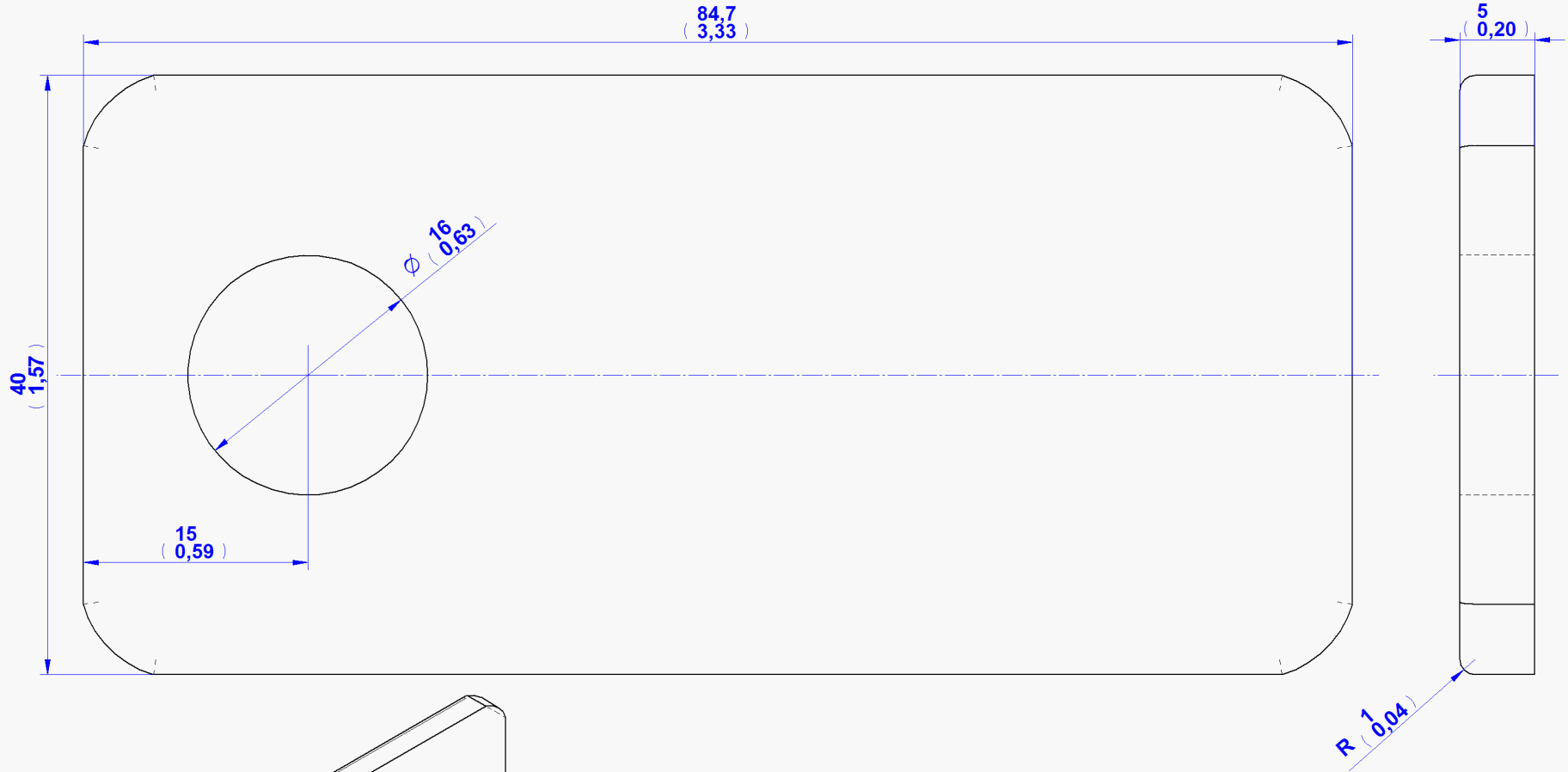


14. Leg Support

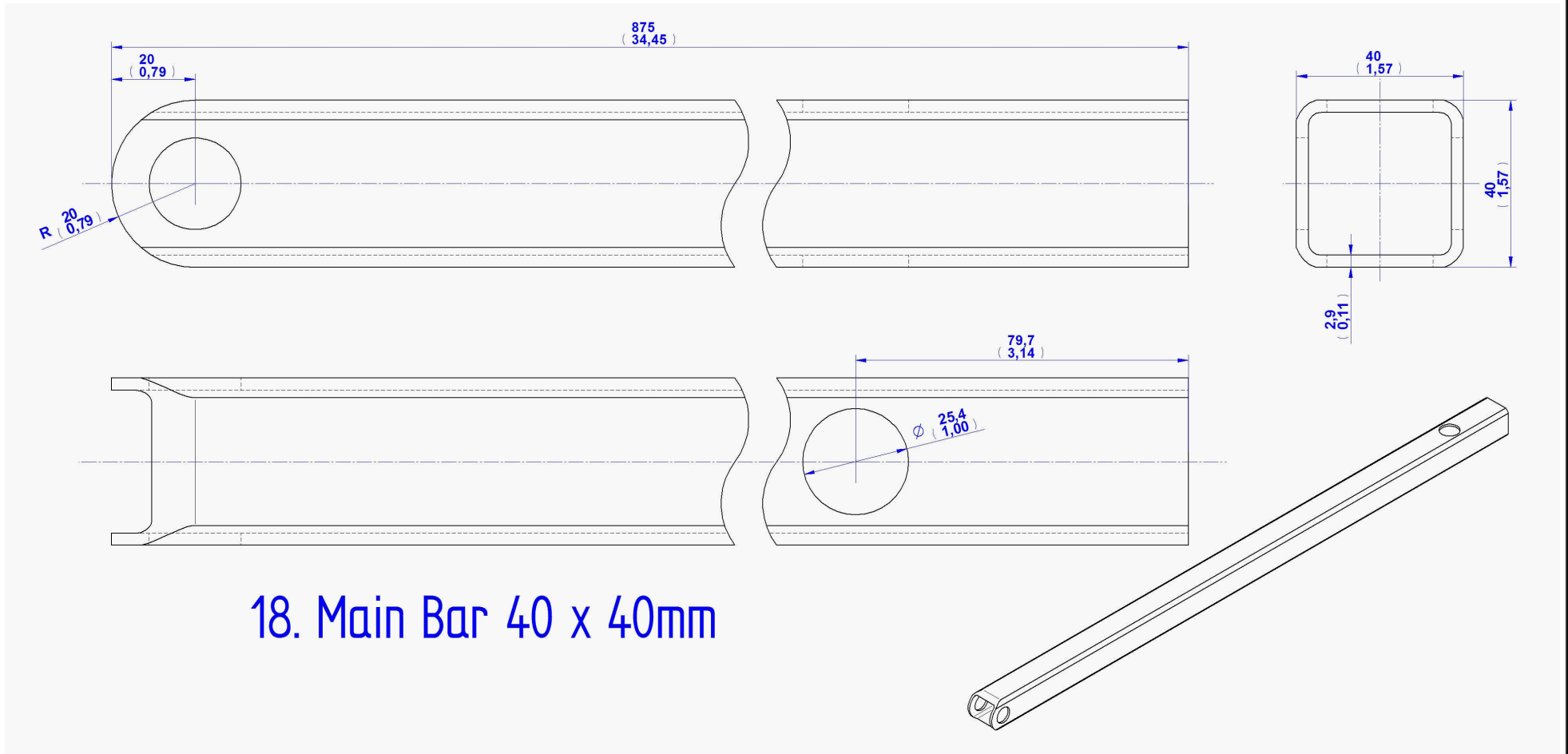


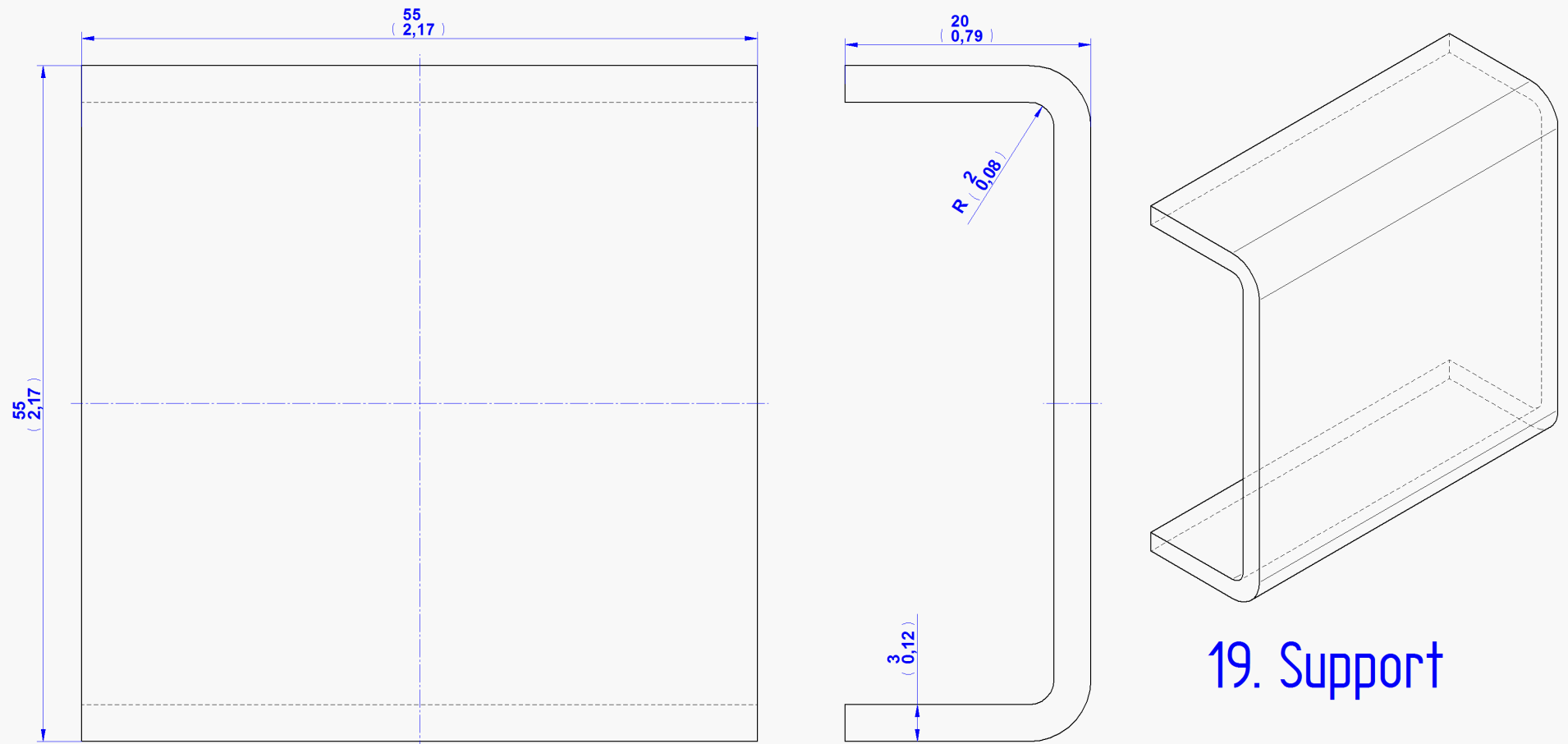


16. Square Tubing 40x40x2.9mm

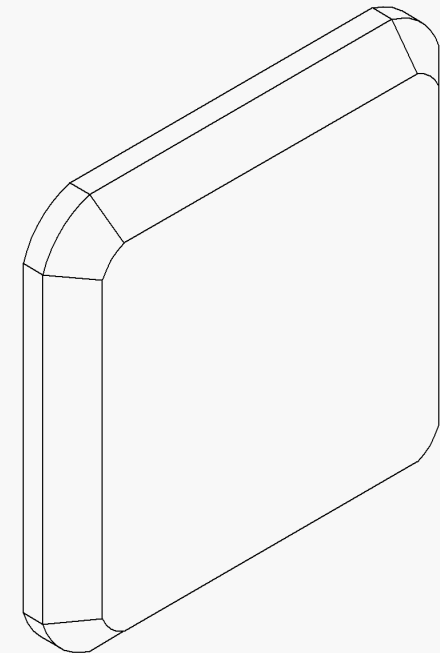
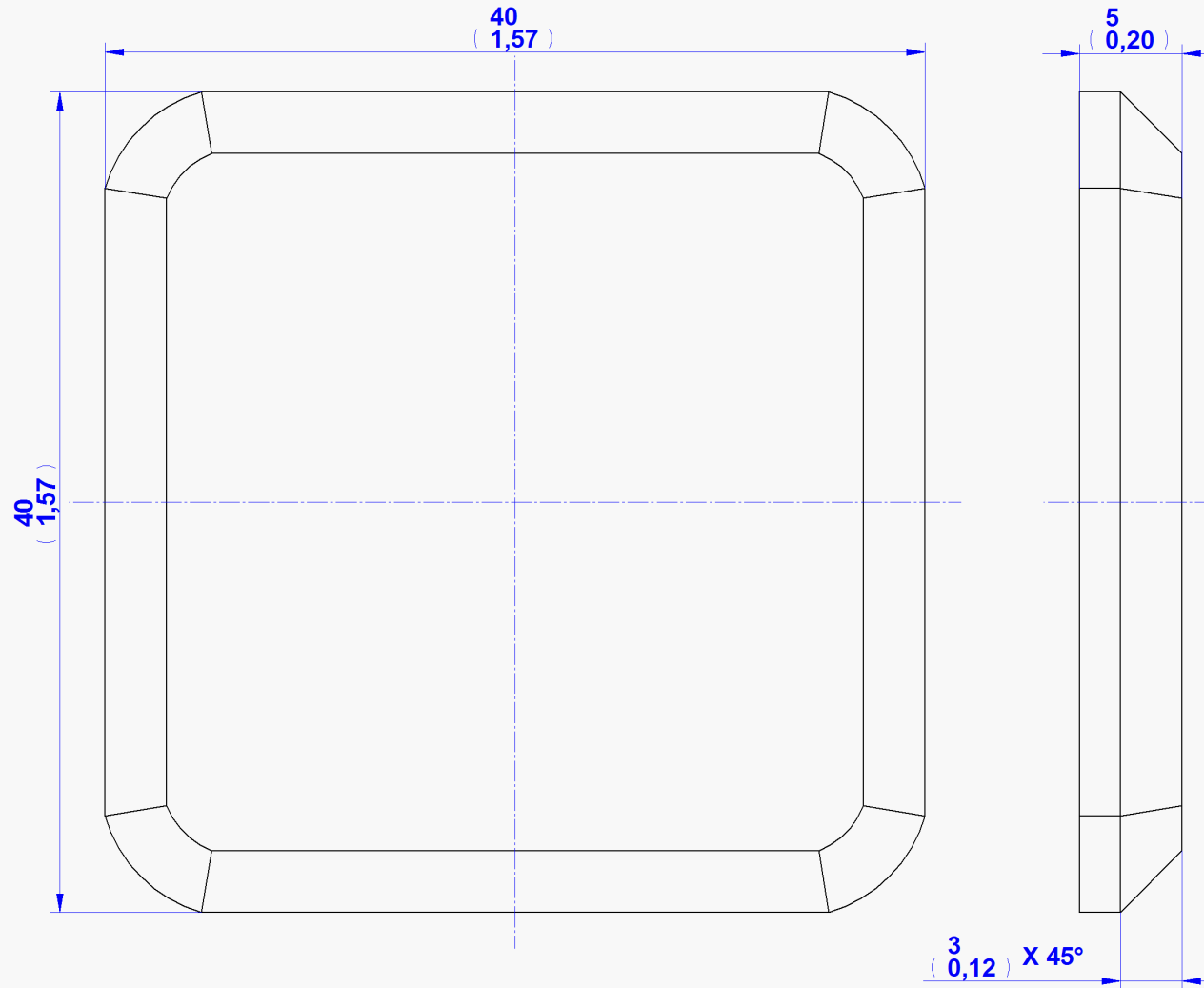


17. Plate 2

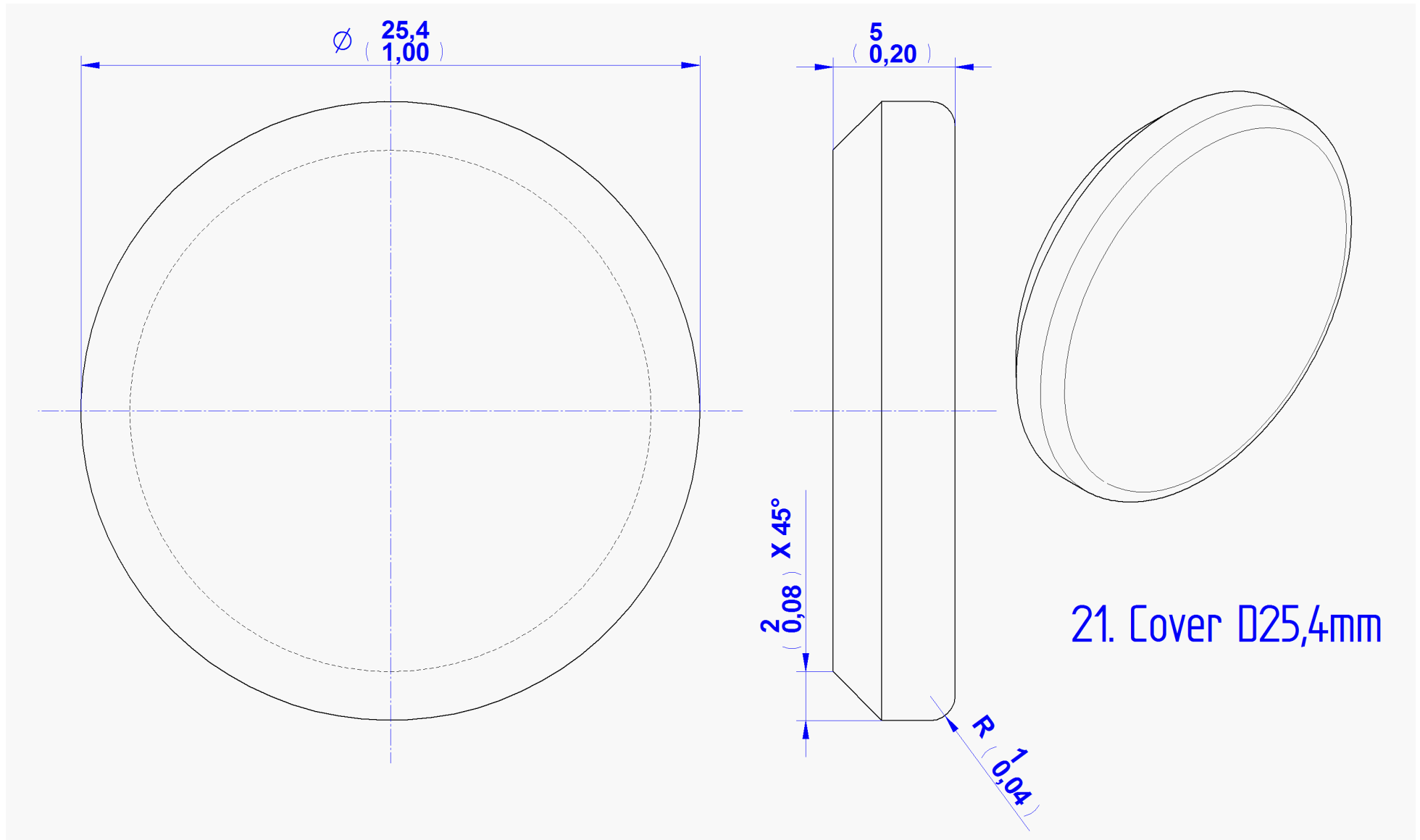


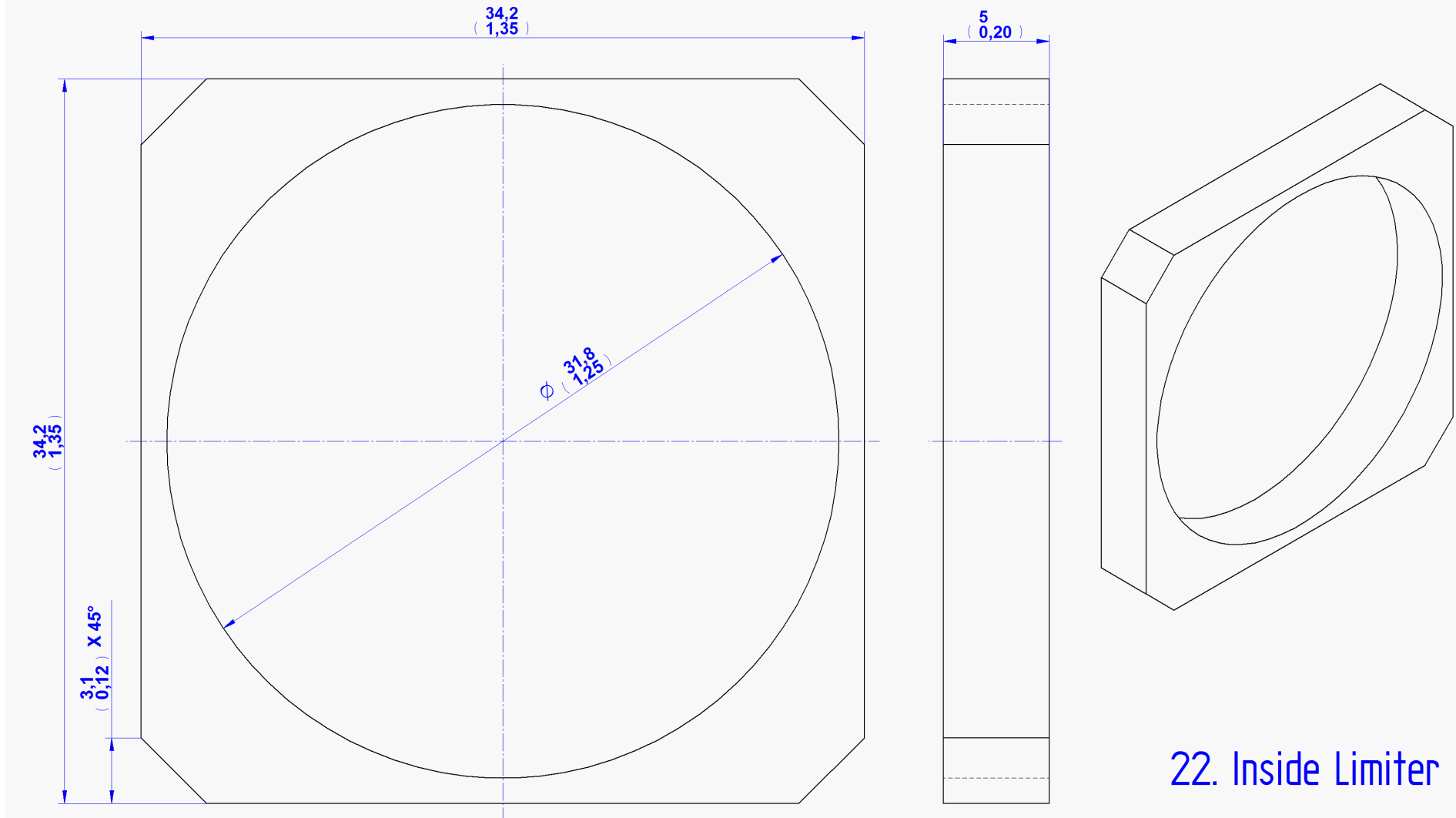


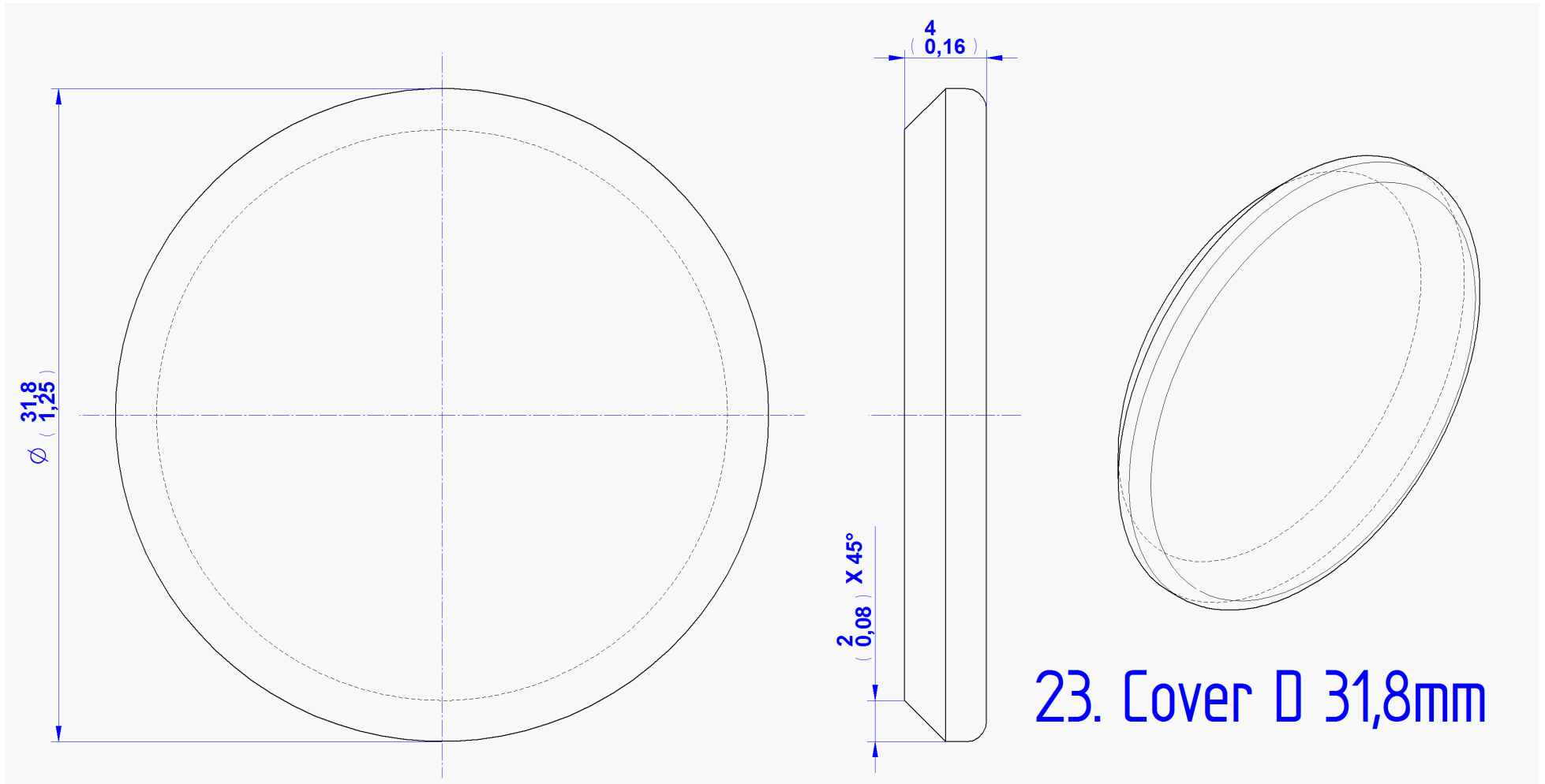
19. Support



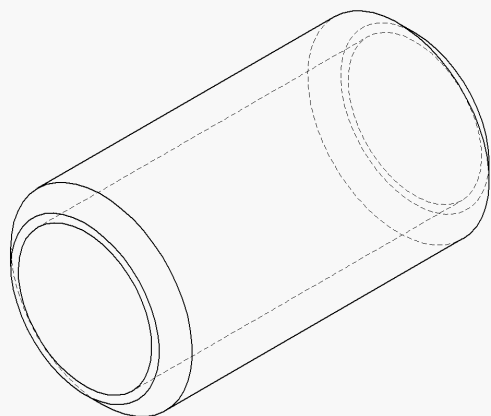
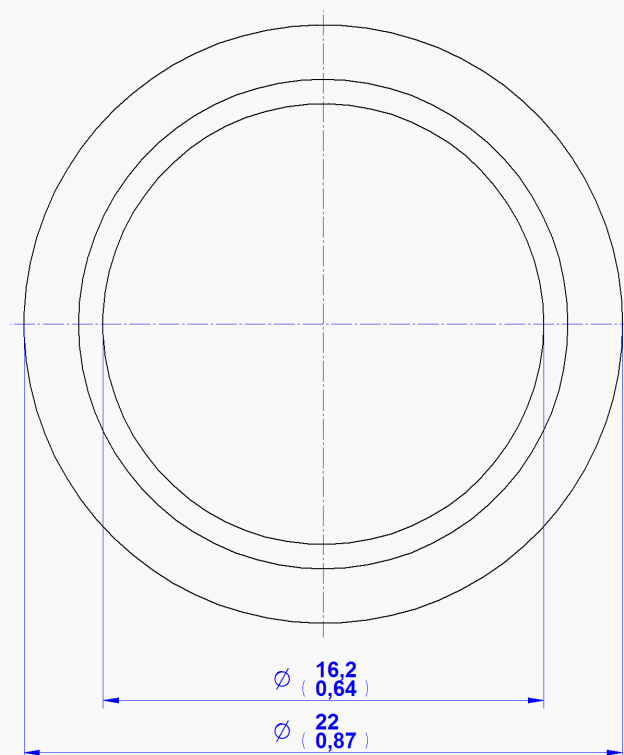
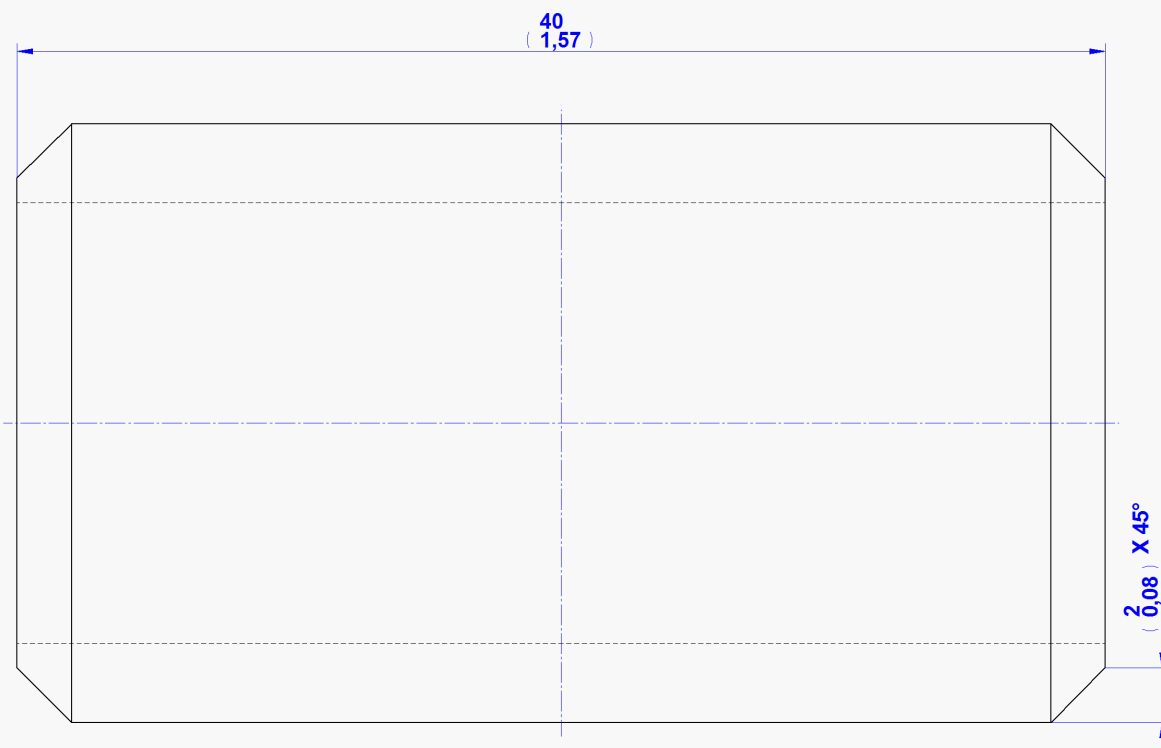
20. Cover 40 x 40mm





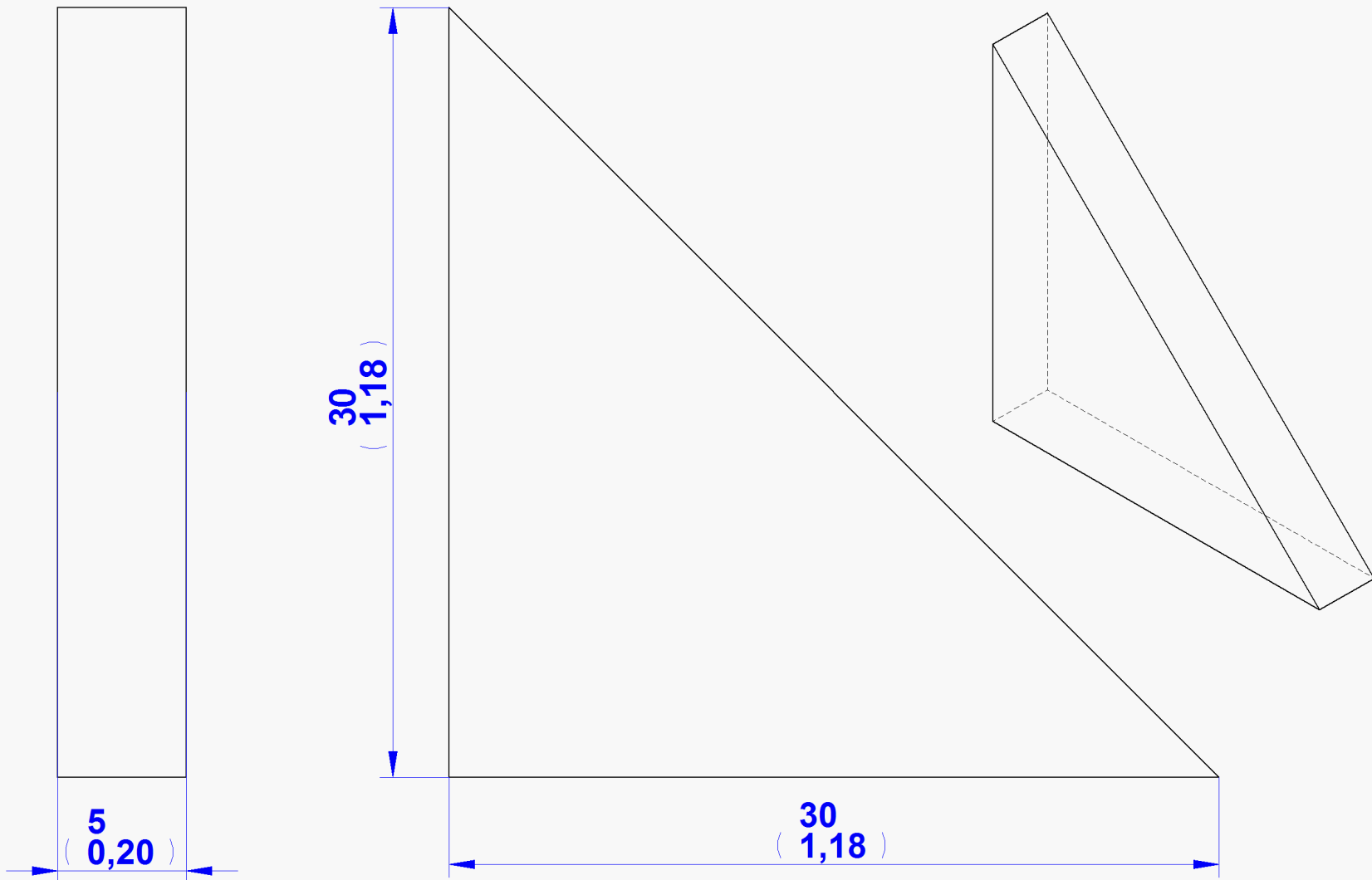


23. Cover Ø 31,8mm



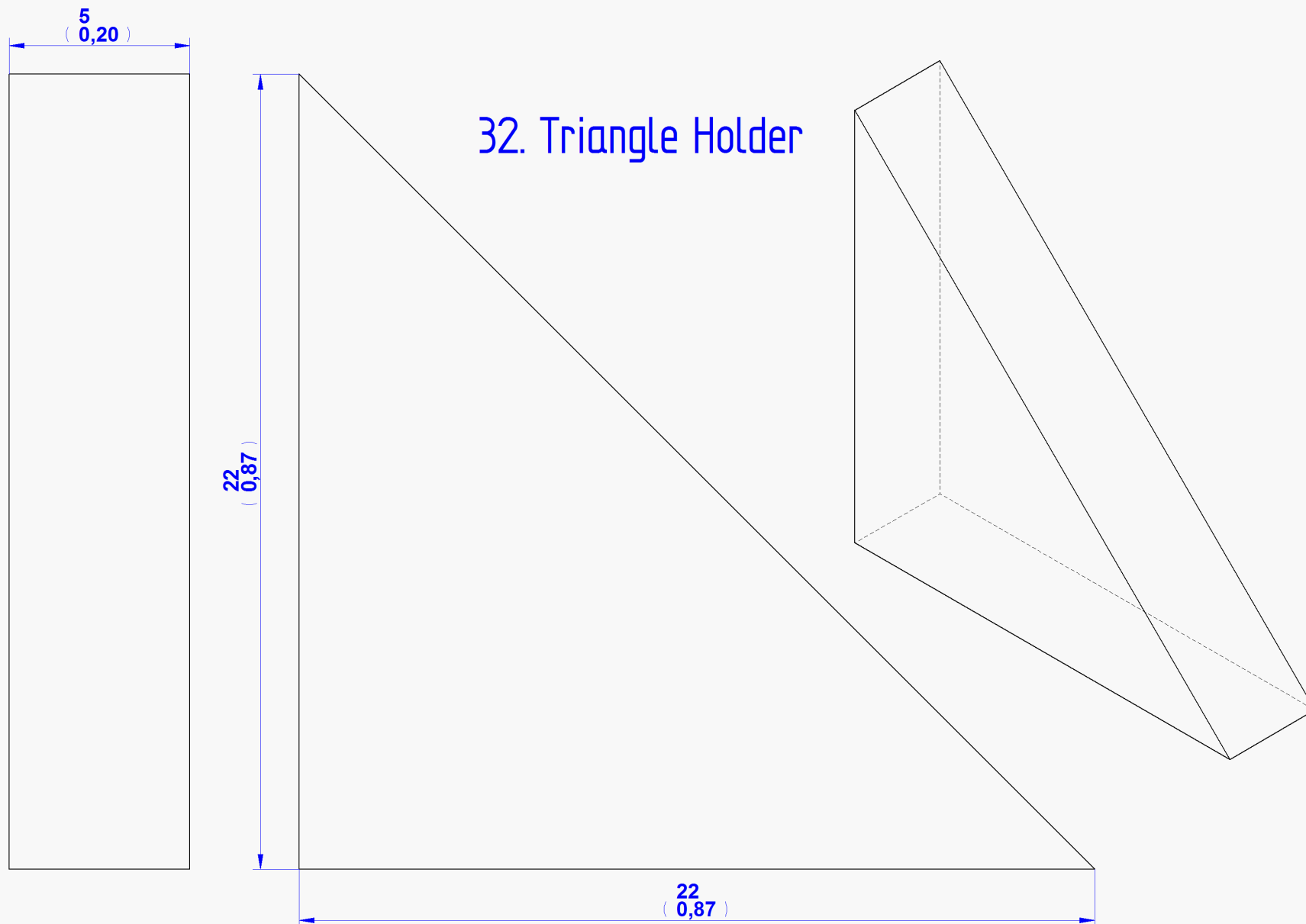
24. Shell

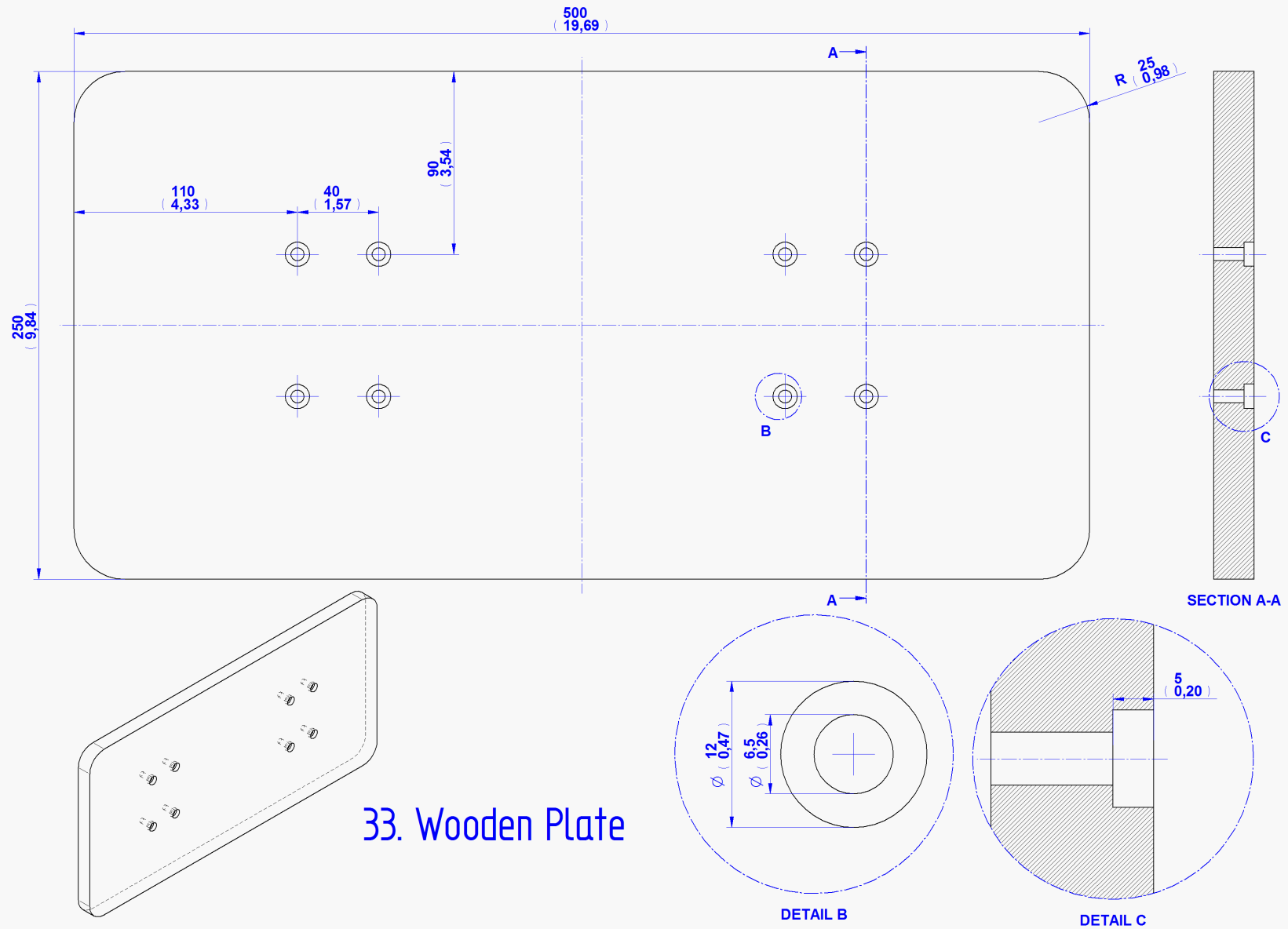


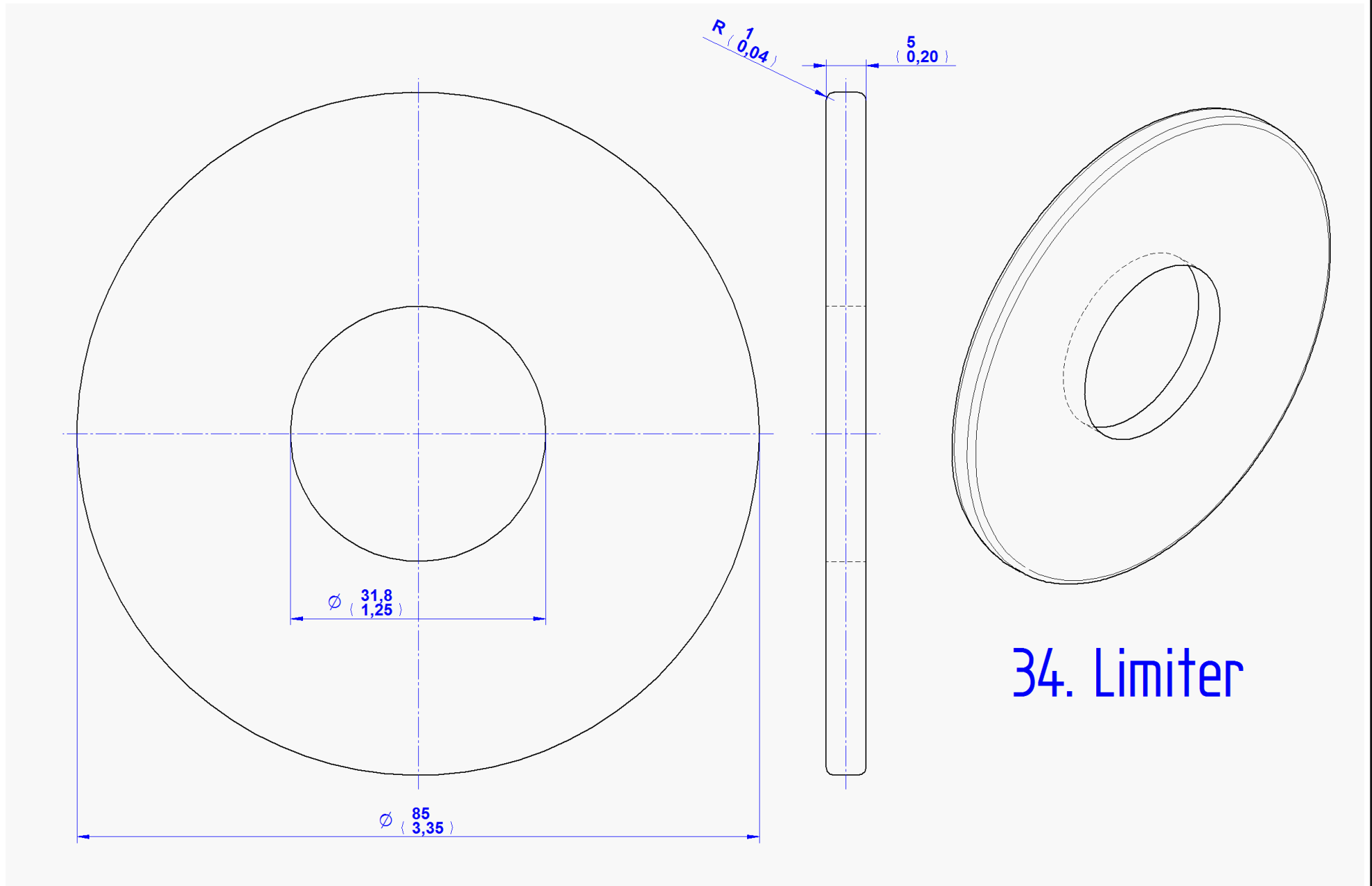


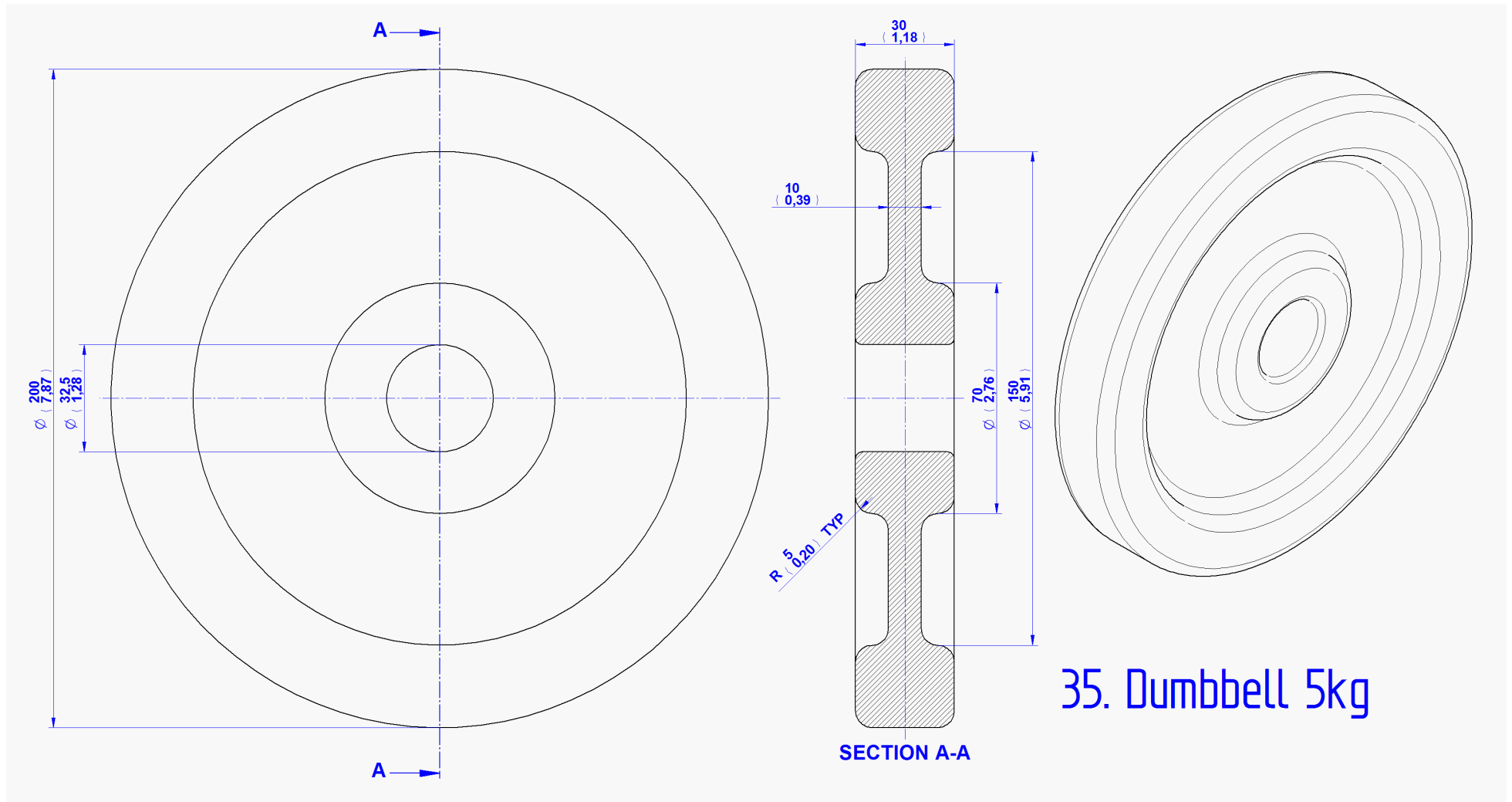
28. Triangle Support

32. Triangle Holder

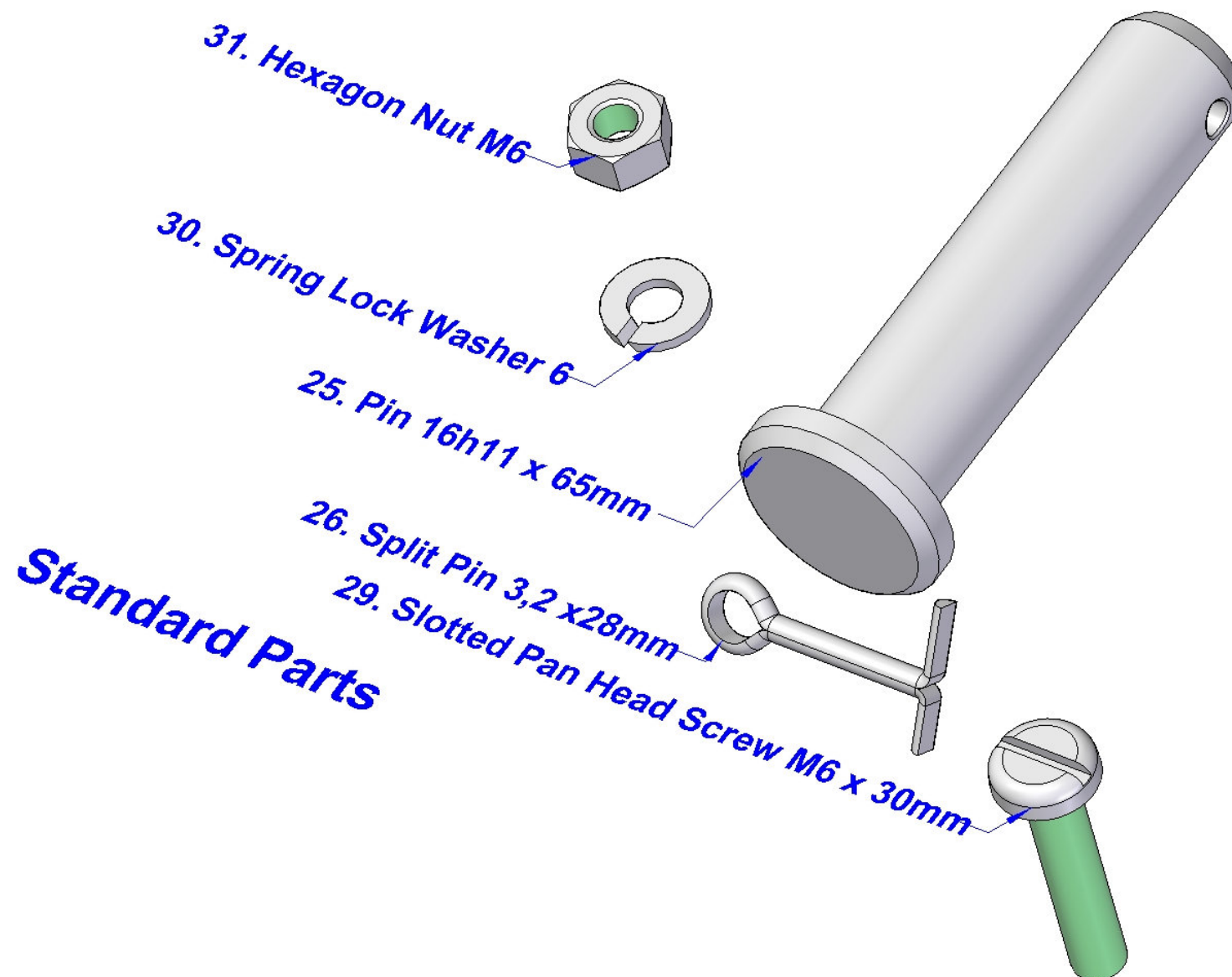






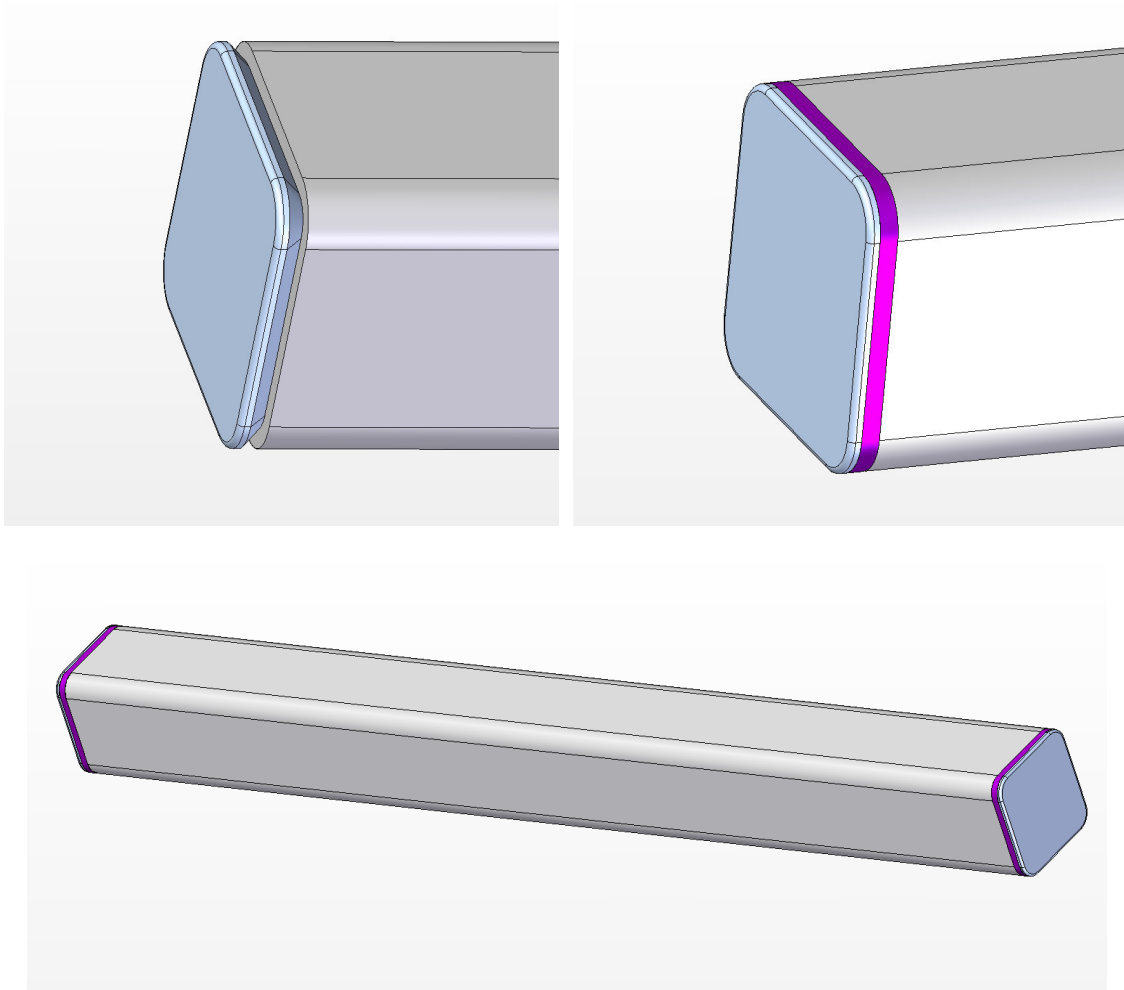


Standard Parts

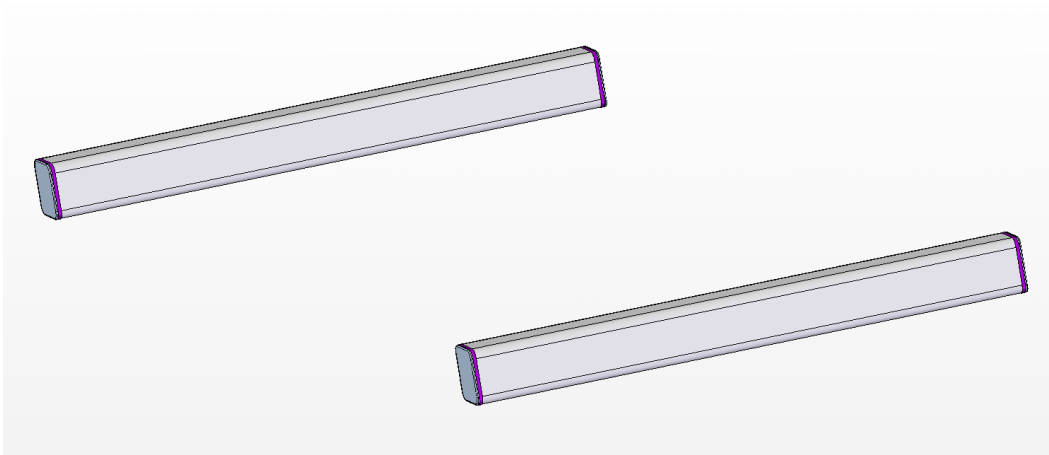


Assemblage Instruction

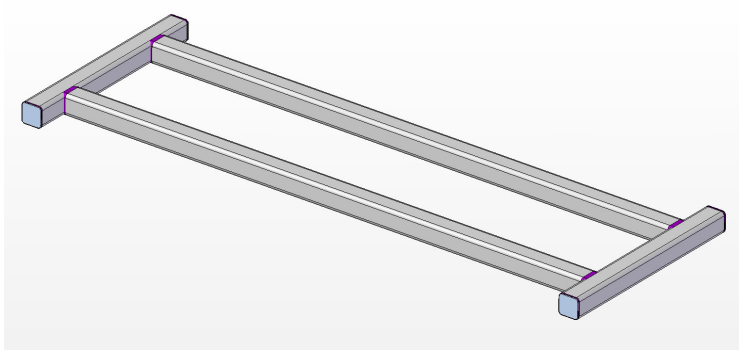
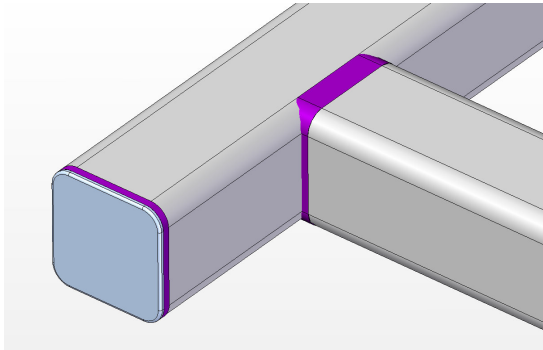
1. Weld the Cover 50x50 (items 13) to the Square Tubing 50x50x4 Cut Lenght 500,00mm (item 1).



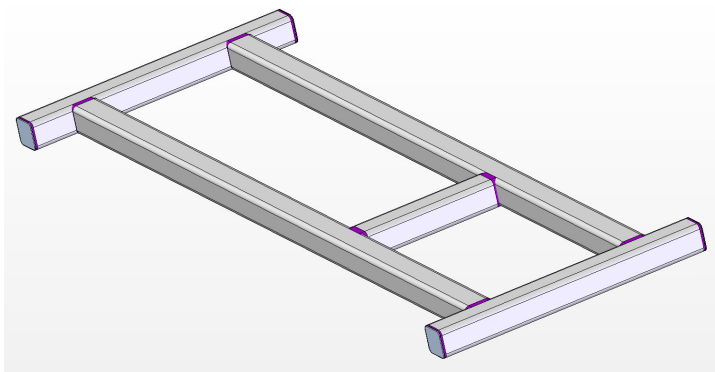
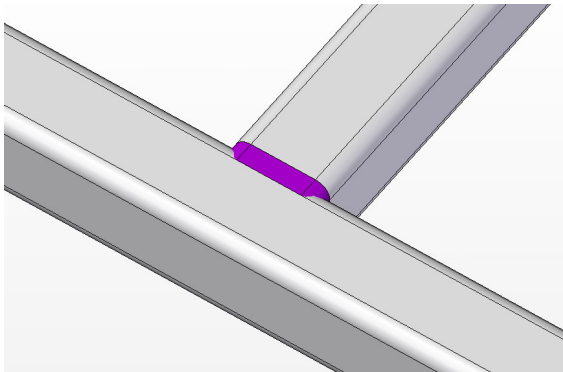
Make the two of these subassemblies



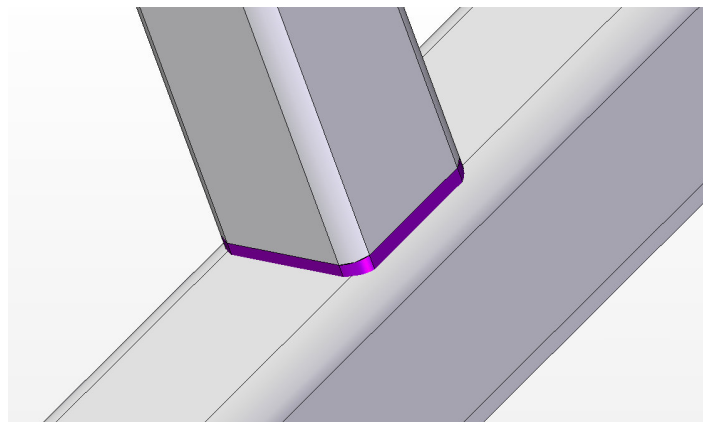
2. Weld the Square Tubing 50x50x4 Cut Length 1350,00mm (item 2) between these two subassemblies made in the previous step.



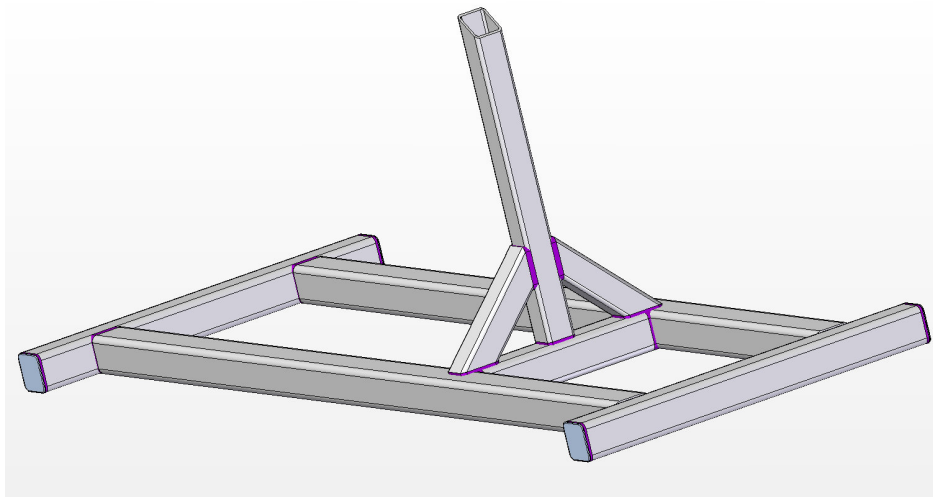
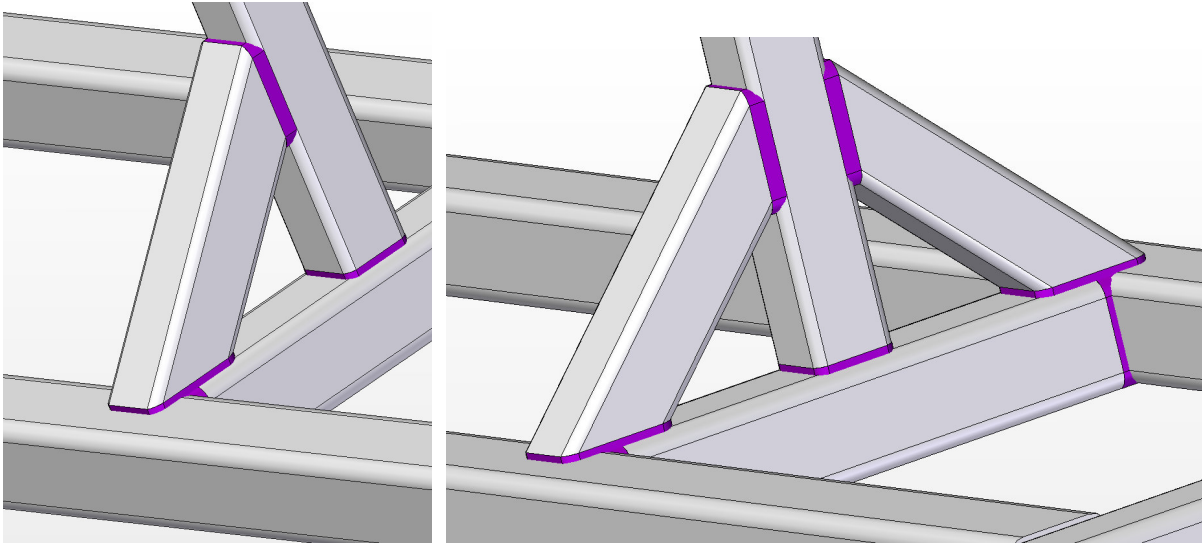
3. Weld the Square Tubing 50x50x4 Cut Length 250,00mm (item 3) between two Square Tubing 50x50x4 Cut Length 1350,00mm (items 2) on a subassembly made in the previous step.



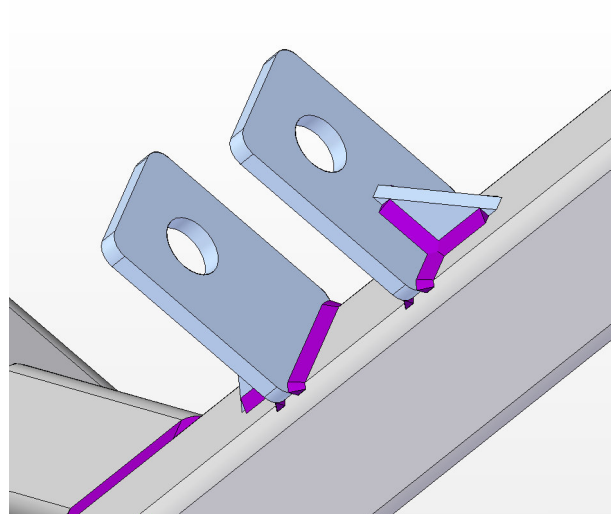
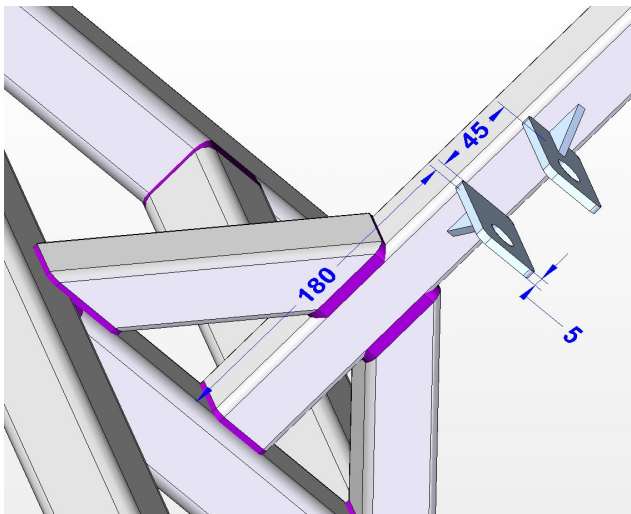
4. Weld the Square Tubing 40x40x2,9 Cut Length 431,6mm (item 5) on top of the Square Tubing 50x50x4 Cut Length 250,00mm (item 3) on a subassembly made in the previous step.



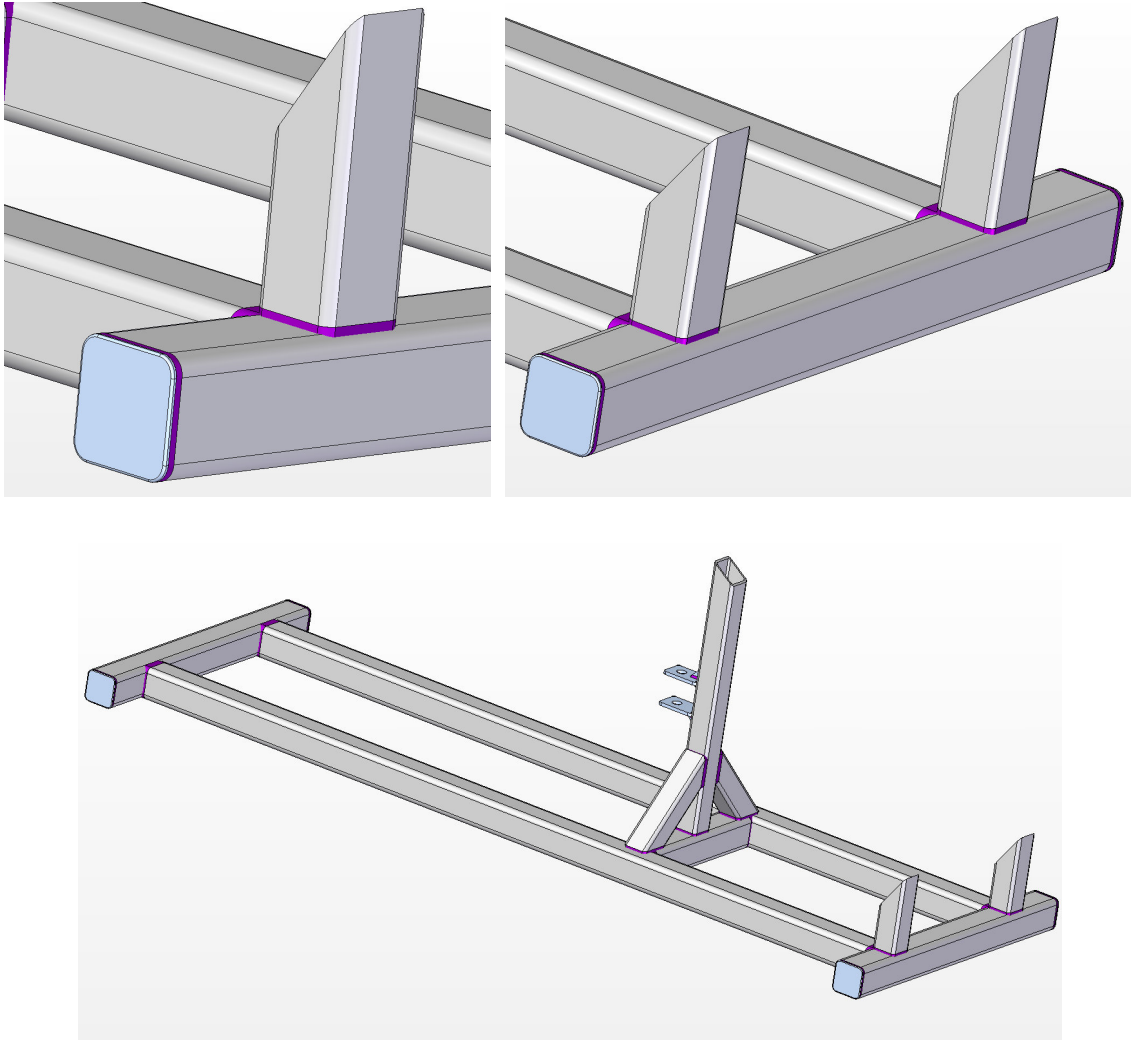
5. Weld the Square Tubing 40x40x2,9 Cut Length 188,5 mm (items 12) to the subassembly made in the previous step.



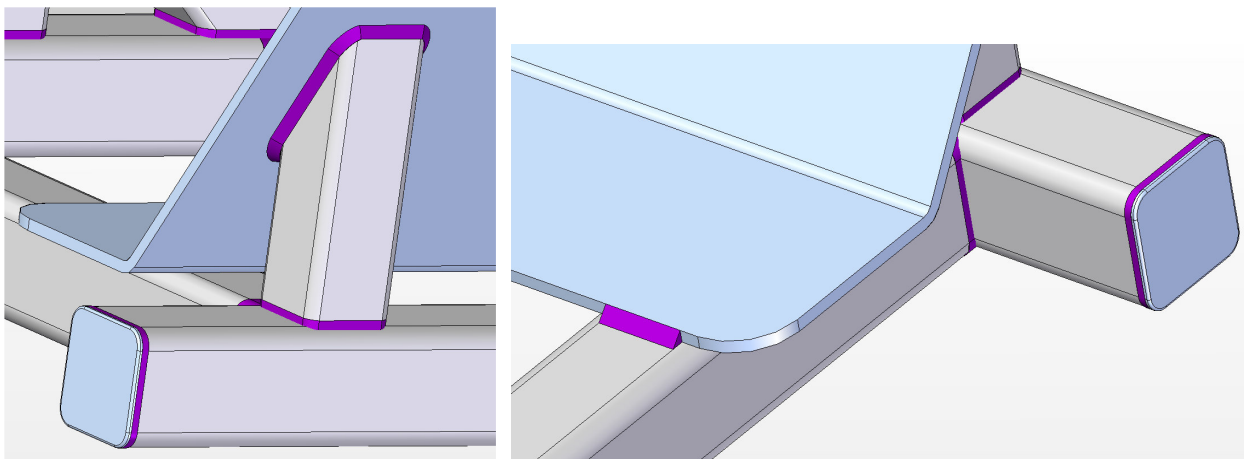
6. Weld the Plate 1 (items 15) and Triangle Holder (items 32) to the subassembly from the previous picture.



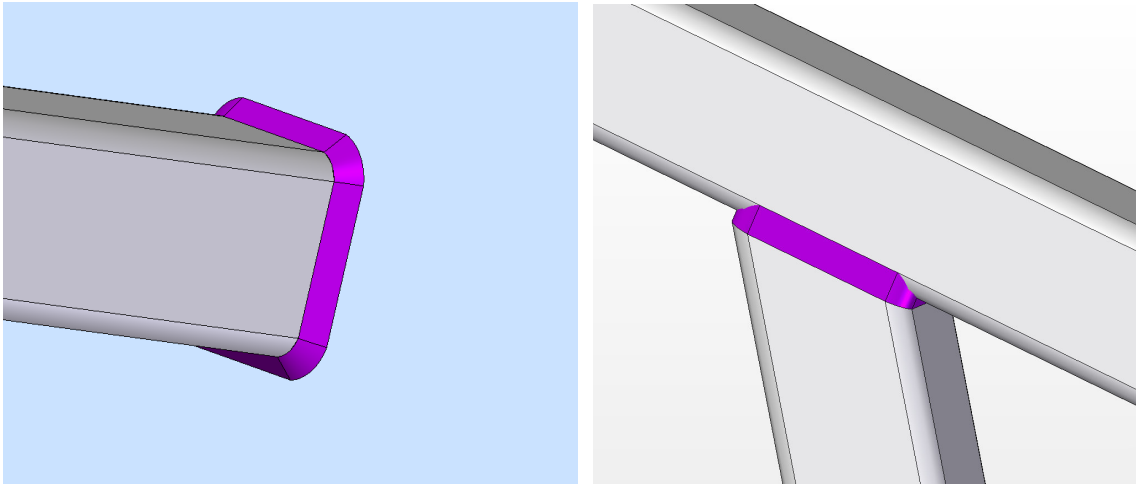
7. Weld the Square Tubing 40x40x2,9 Cut Length 125,00 mm (items 6) to the assembly made in the previous step.



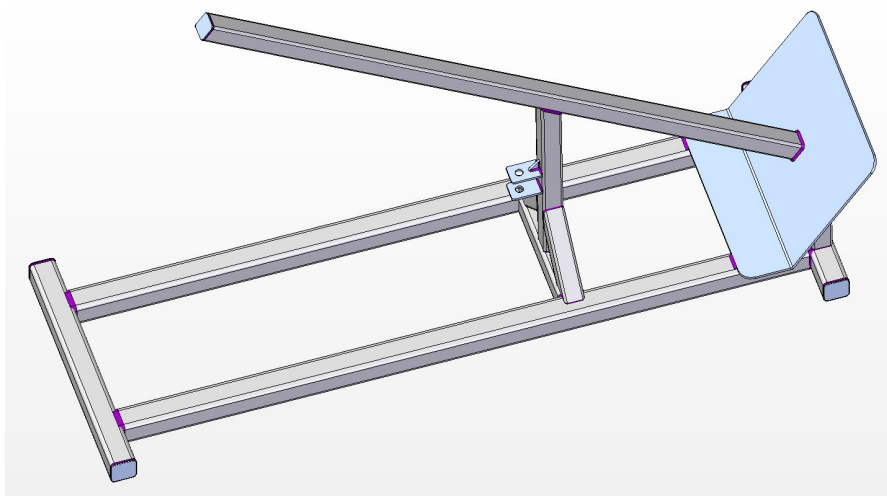
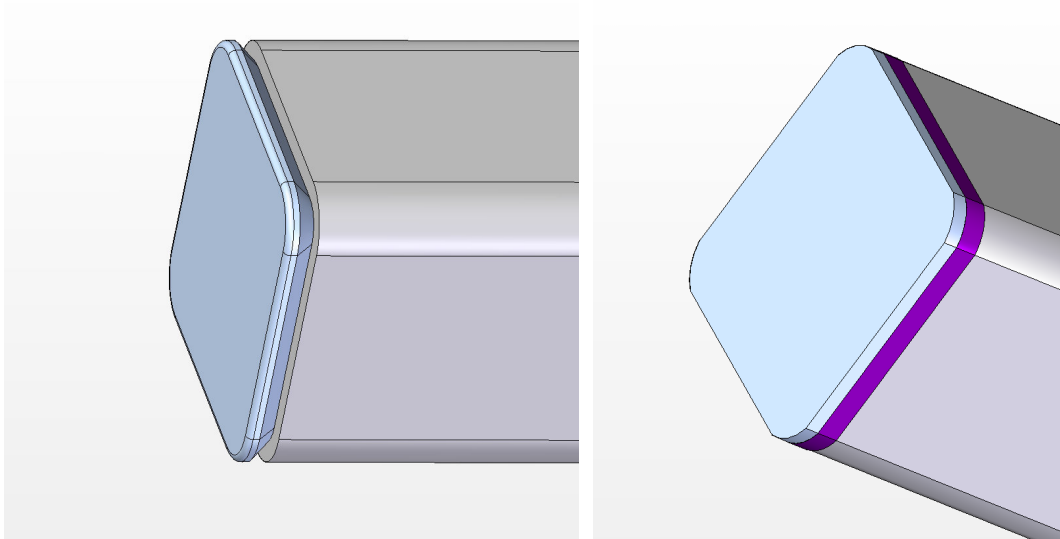
8. Weld the Leg Support (item 14) to the assembly made in the previous step.



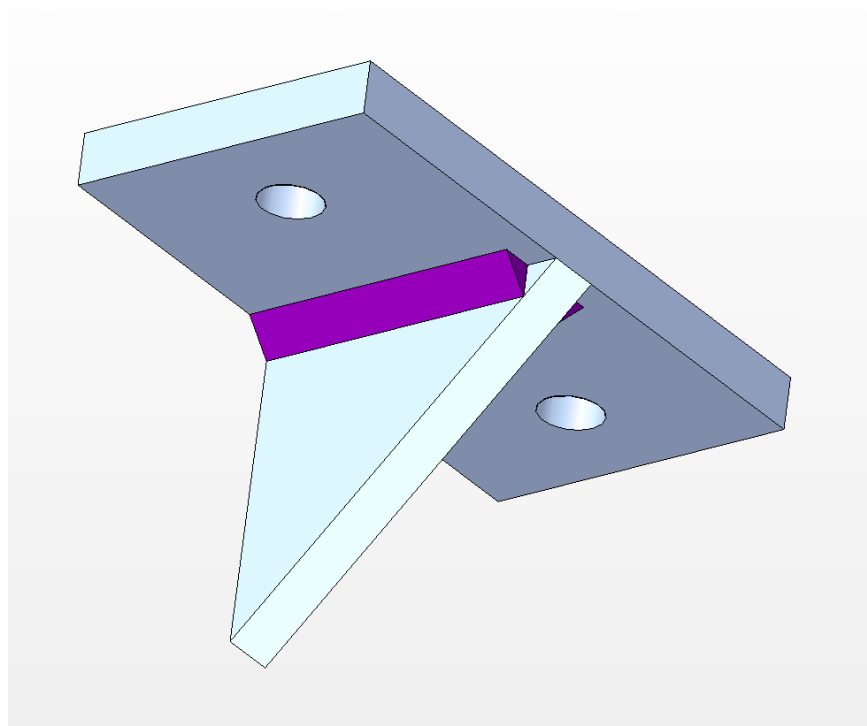
9. Weld the Square Tubing 40x40x2,9 Cut Length 1400,00 mm (item 4) to the assembly made in the previous step.



10. Weld the Cover 40x40 (item 20) to the other, free end of the Square Tubing 40x40x2,9 Cut Length 1400,00 mm (item 4).

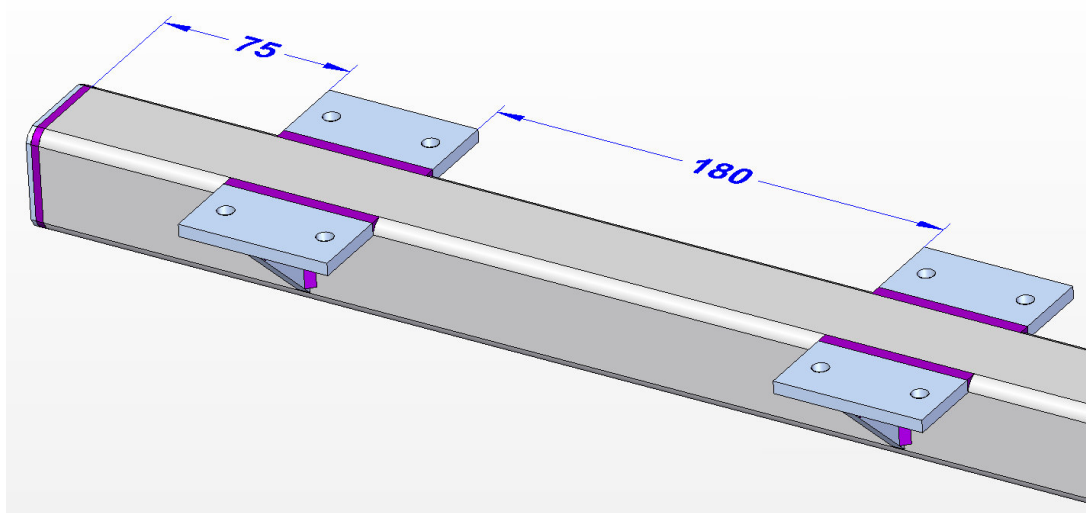


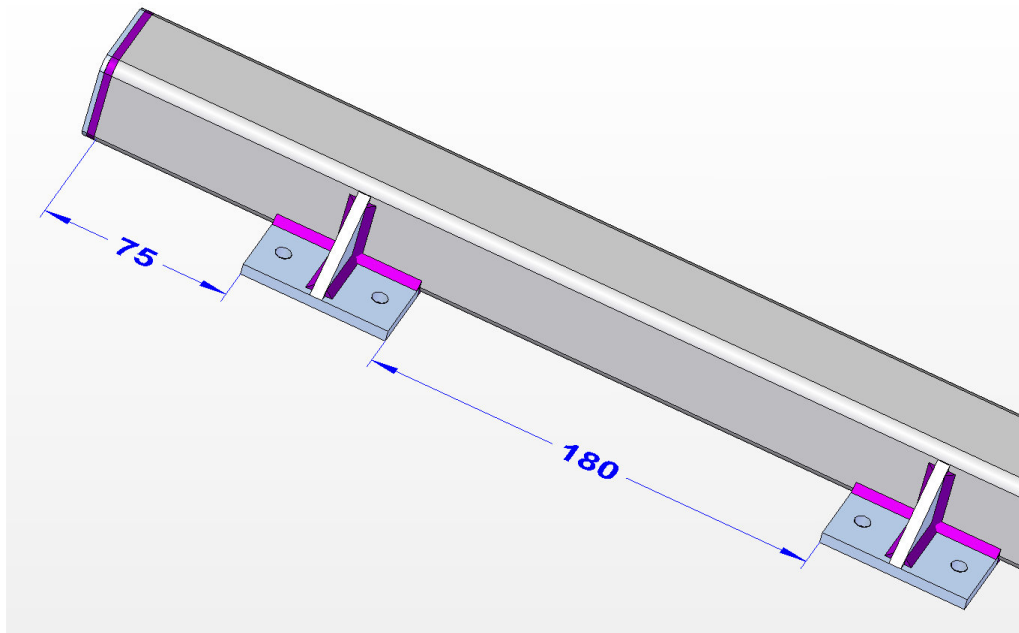
11. Weld the Sheet Support (item 27) and Triangle Support (item 28) together.



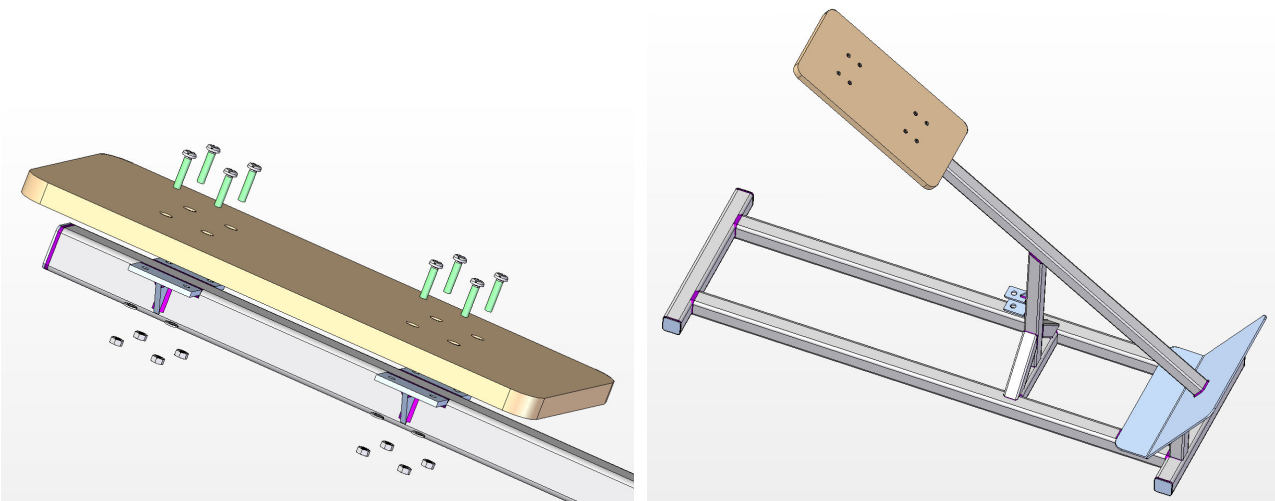
Make the four of these subassemblies

12. Weld the subassemblies from the previous step to the subassembly made in step 10.

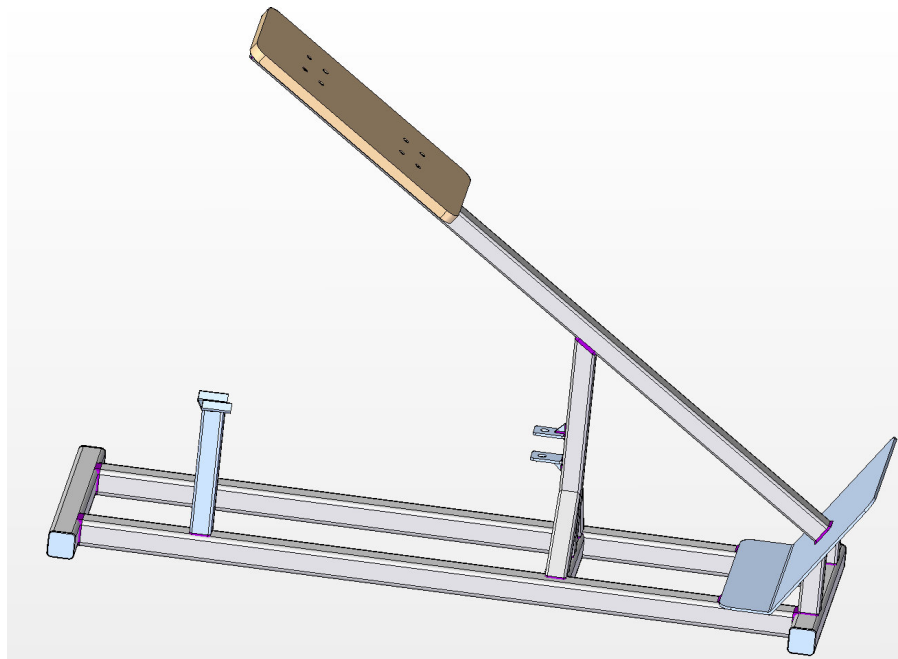
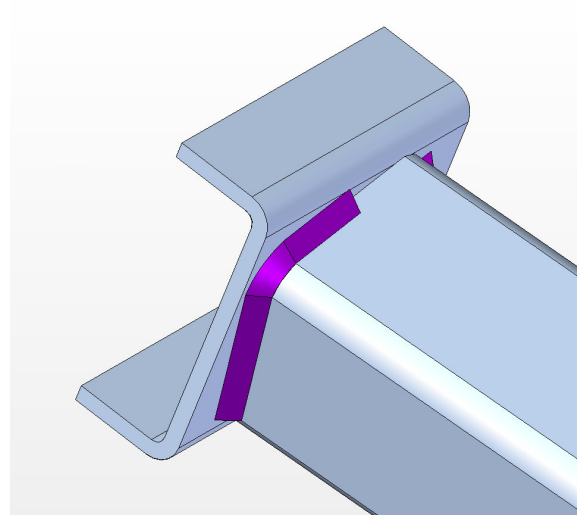
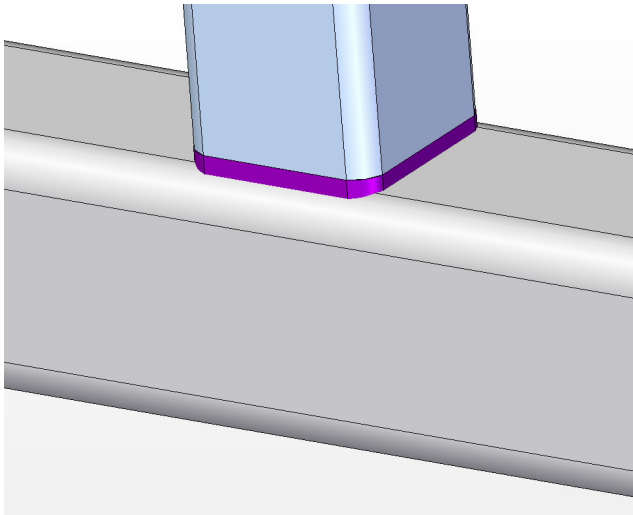




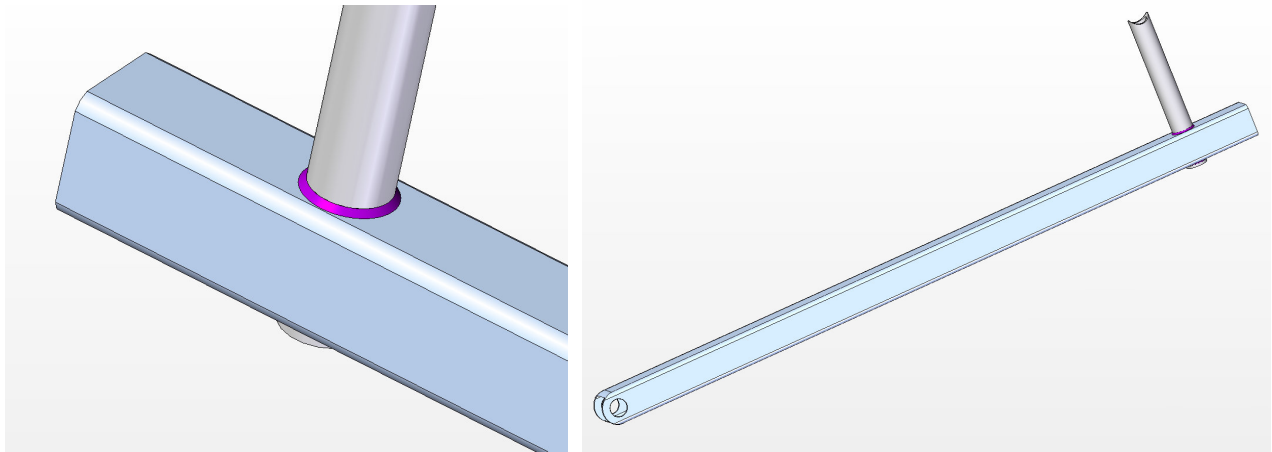
13. Fasten the Wooden Plate (item 33) to the subassembly made in the previous step using standard parts: Slotted Pan Head Screw M6x30mm (item 29), Spring Lock Washer 6 (item 30) and Hexagon Nut M6 (item 31).



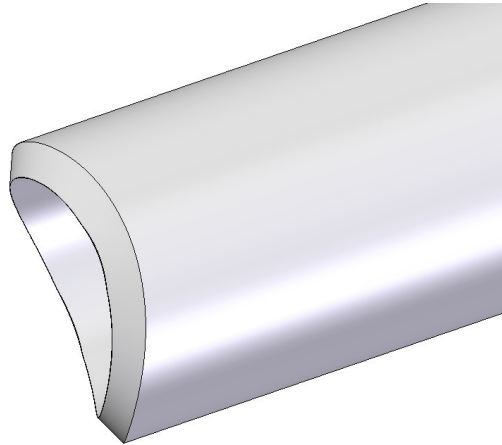
14. Weld the Square Tubing 40x40x2,9 Cut Length 250,00 mm (item 8) and Support (item 19) to the assembly made in the previous step.



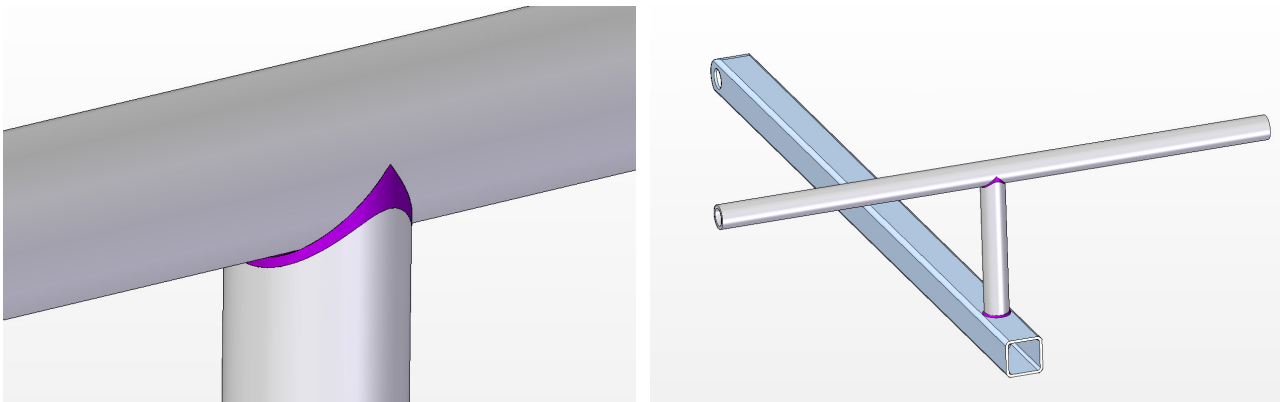
15. Weld the Pipe D25,4x3,2mm Cut Lenght 200,00mm (item 9) to the Main Bar 40x40mm (item 18).



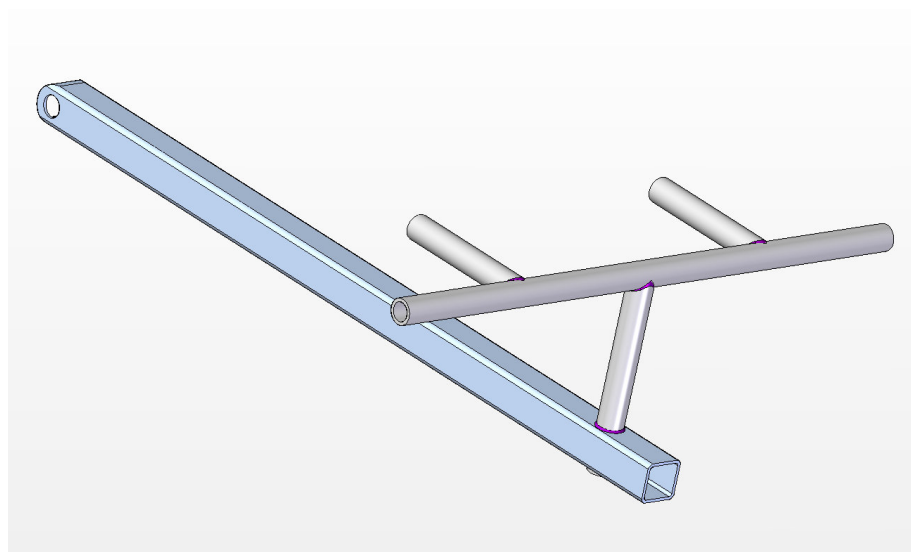
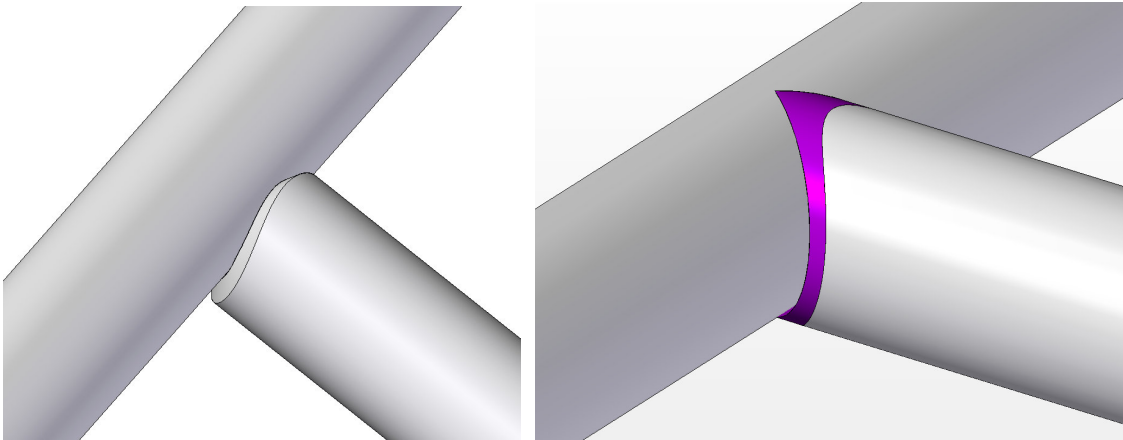
Chamfer the edge at the end of Pipe D25,4x3,2mm Cut Lenght 200,00mm (item 9).



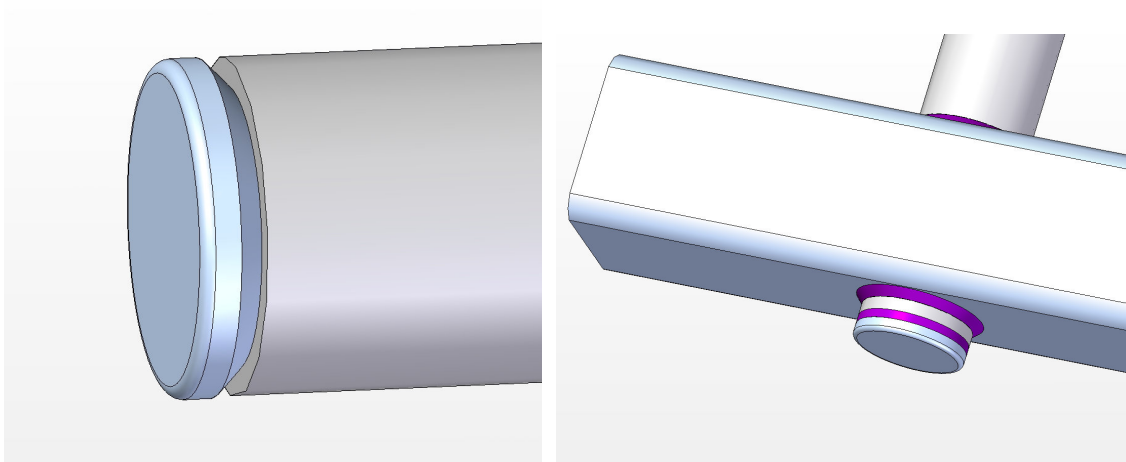
16. Weld the Pipe D25,4x3,2mm Cut Lenght 600,00mm (item 10) to the assembly made in the previous step.

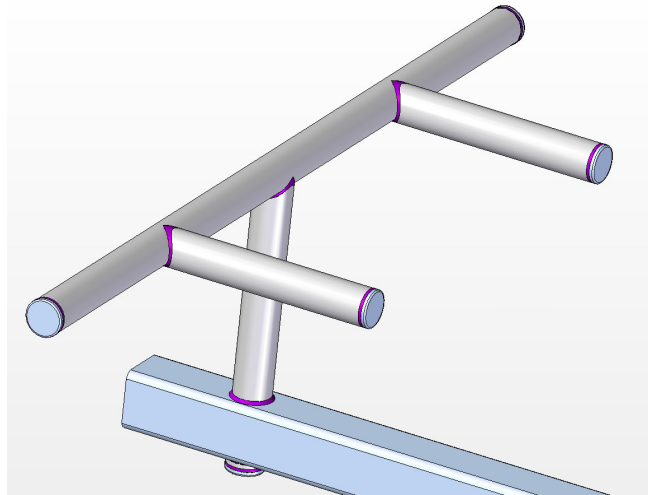
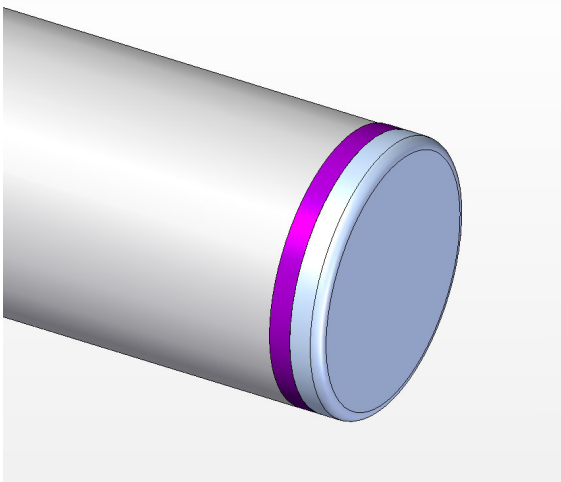


17. Weld the Pipe D25,4x3,2mm Cut Lenght 150,00mm (item 11) to the assembly made in the previous step. But first chamfer the edges at the ends of Round Tubing D25,4x3,2mm Cut Lenght 150,00 (item 11).

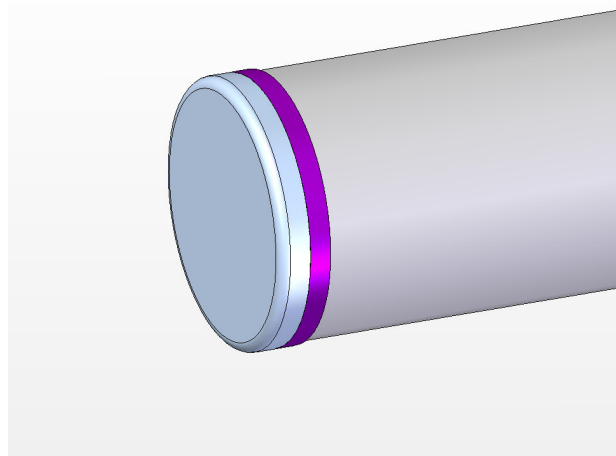
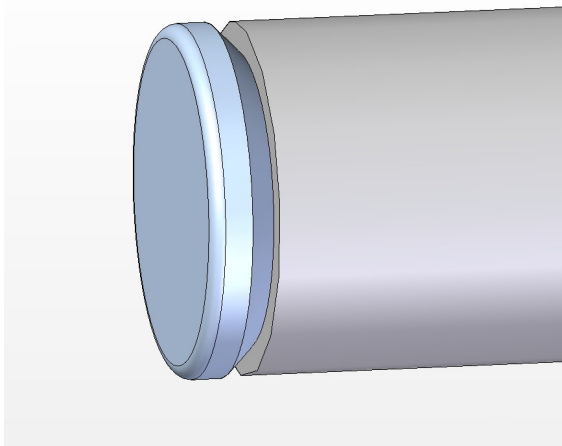


18. Weld the Cover D25,4mm (item 21) to the assembly from the previous picture.

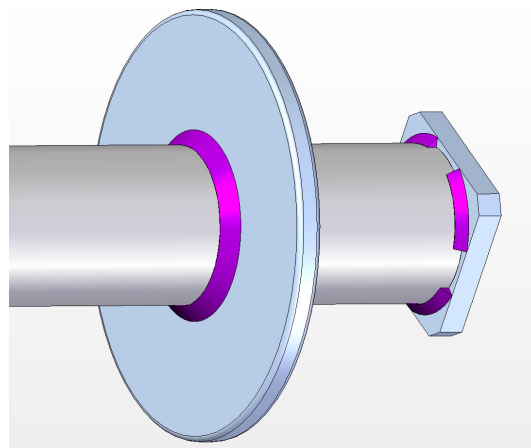
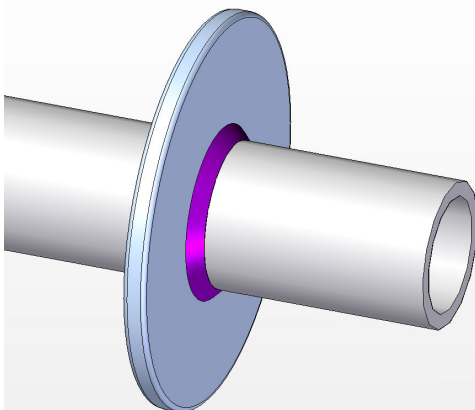


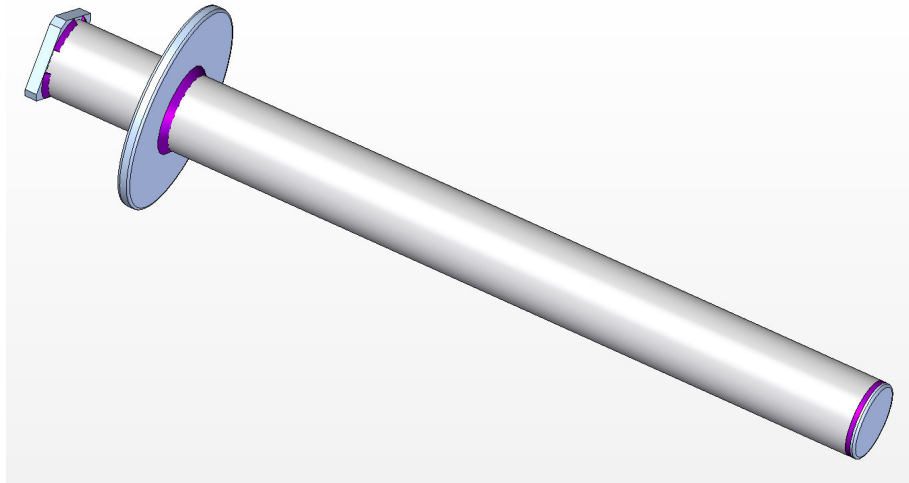


19. Weld the Round Tubing D31,8x3,2mm Cut Length 360,00mm (item 7) and Cover D31,8mm (item 23) together.

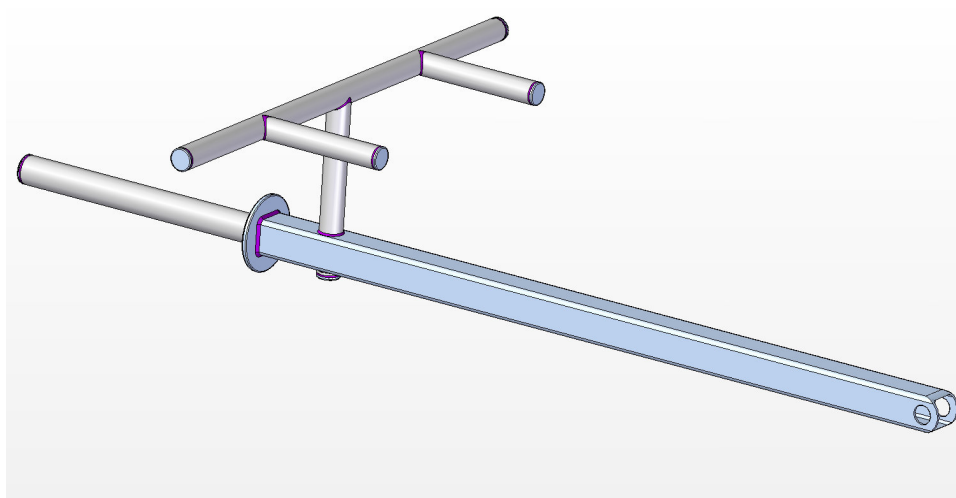


20. Weld the Limiter (item 34) and Inside Limiter (item 22) to the assembly made in the previous step.

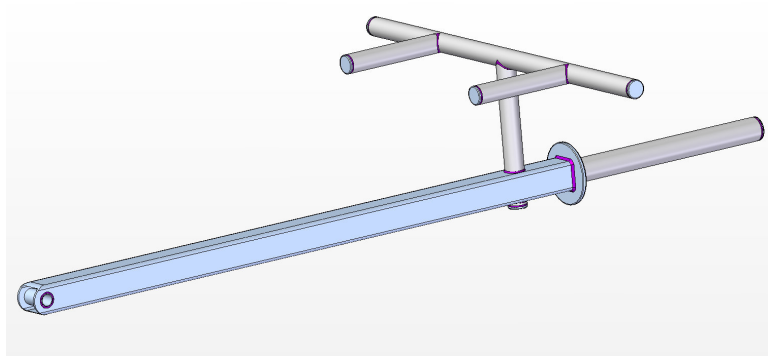
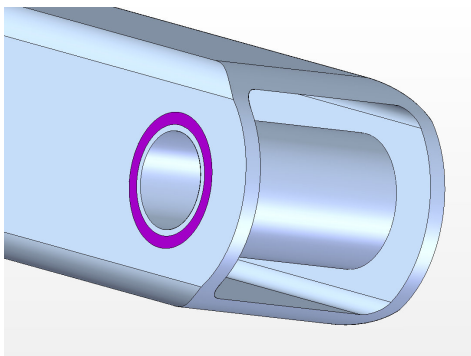




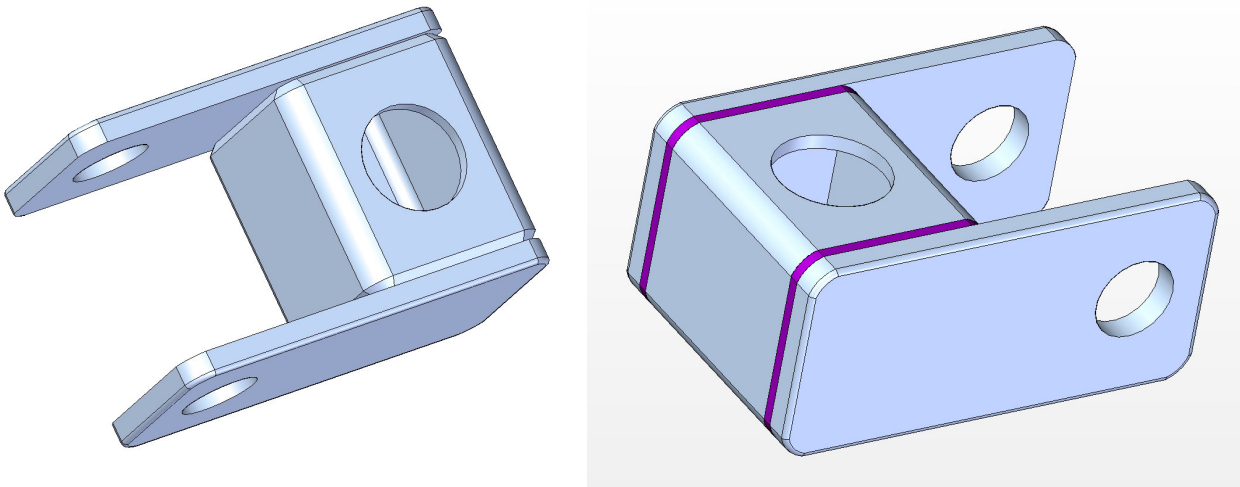
21. Weld the subassembly made in the previous step to the subassembly made in step 18.



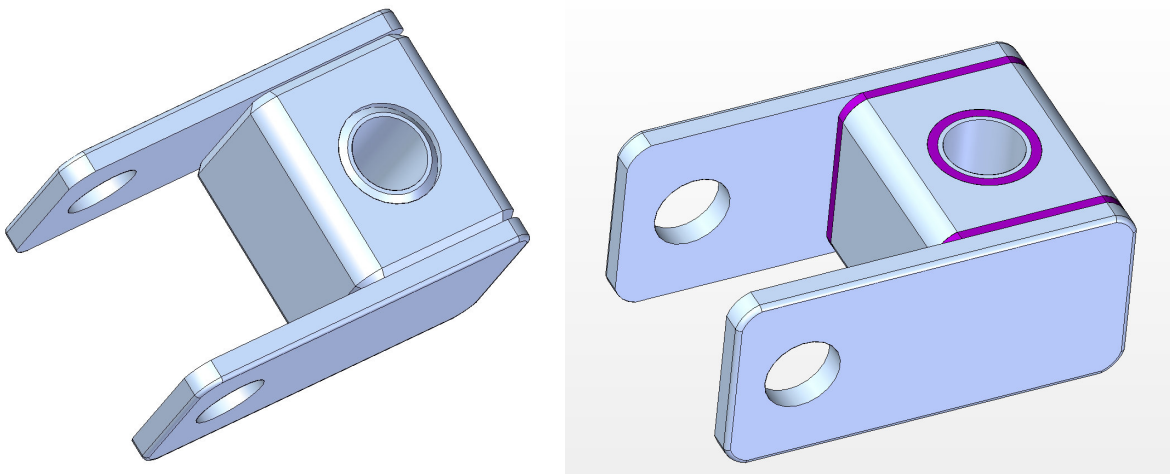
22. Weld the Shell (item 24) to the assembly made in the previous step.



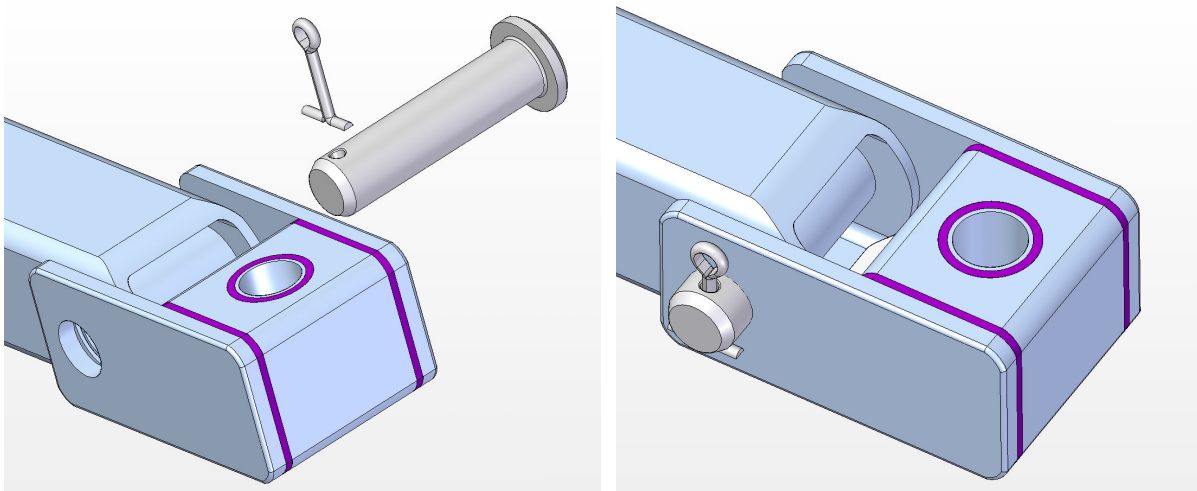
23. Weld the Square tubing 40x40x2,9 (item 16) and Plate 2 (item 17) together.

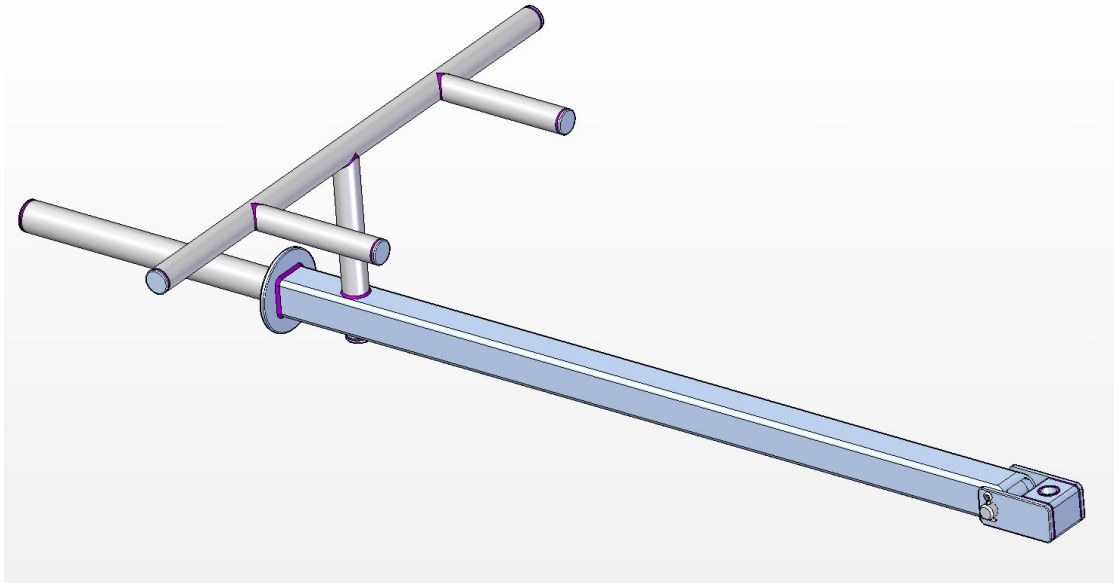


24. Weld the Shell (item 24) to the assembly made in the previous step.



25. Fix the assembly made in the previous step to the subassembly made in step 22 using Pin 16h11 x 65 (item 25) and Split Pin 3,2x28mm (item 26).





26. Fix the assembly from the previous step to the subassembly made in step 14 using Pin 16h11 x 65 (item 25) and Split Pin 3,2x28mm (item 26).

